



FOUR DIRECTIONS



Native American Indian General Service Office

Spring-Summer 2008



EAST-SOUTH

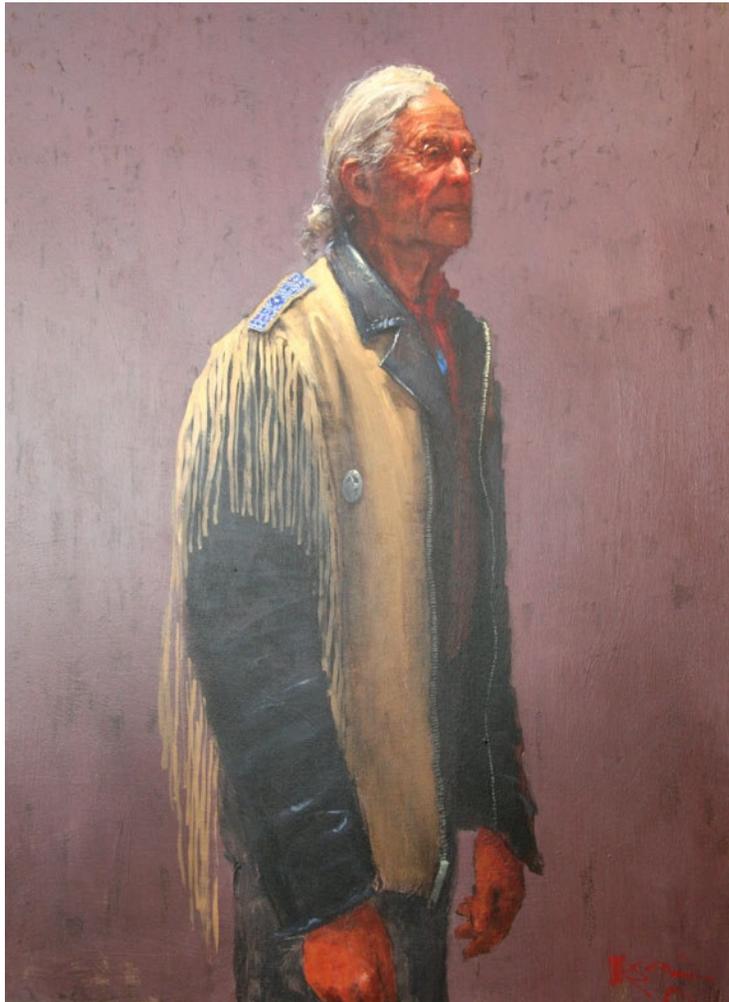
Brothers and Sisters,

Hau, I am Sioux and I am an alcoholic. I would like to apologize for not getting out the spring newsletter and being so late with the summer edition. My life has been very hectic lately and I have fallen behind in everything! I am slowly getting caught up but it is going to take some time.

This newsletter is really special to me as we have several stories from some of our members. As I have said I would really appreciate if some of you or all of would send me your story of your journey. If I do not use your story in the current issue you can rest assured that it will be in the next one coming out. Also, if you have anything you would like to see included in the newsletter please e-mail and I will see that it is included as long as it is approved.

Well I really do not have much to share on right since my main objective right now is to get this newsletter out tonight. So may the Creator Bless Each Of You and thank you all for all your wonderful sharing. I have not been sharing lately but I do read each of your e-mails and they have helped me so many times.

Pilamaya,
Sioux D.



Chukma Gary,

Recently, I received an honor from my Nation that has touched me in a very special way. In my 22 plus years of Sobriety, nothing has come close.

Were it not for AA and particularly Native American AA this honor would have never been possible. In Lyle's Alkalai Lake story he makes the comment that his Sobriety is a debt he can never fully repay. I agree completely reference my own Sobriety.

Mike Larsen is a Chickasaw artist who was named a Master Artist by the five Civilized Tribes Museum and was commissioned by the Chickasaw Nation to paint a series of portraits of "Living Elders of the Chickasaw Nation". I was honored to be one. I just received a copy and it is attached. I shall journey next week to Oklahoma to see the original.

Being an analog man in a digital world I don't know how to send it to all my relations on the Advisory Council, but know you do.

On August 8th, I shall head out of San Antonio on my Harley (my only vehicle) for another Spirit Ride. I shall ride through New Mexico, Colorado, Utah, Oregon, Utah, Washington, Montana ending up in Bismarck, ND in September in time for our Conference. In Montana, I shall hook up with The Sober Indian Riders whose patch I proudly wear on the back of the jacket in the portrait. My Spirit Rides are always to honor all Native Americans who are walking the Sober Road and also this time to additionally honor those who will be in Bismarck in September.

United We Thrive,
philip



One More Miracle

I'm just getting home (midnight last night) from an incredible five-day trip and visit with the sober Native community at the Alkali Lake rez in Williams Lake, BC.

Man...what a community. In the 70's they were about 90% alcoholic and known by the townspeople as the "Alcohol Lake Indians." As I listened to a recounting of how it had been during the bad times, they talked about all the people who died in large numbers due to alcoholism. I know that's still going on among us, so it wasn't new information - but the man talking (a former chief of the band) said they lost sixteen of the band in one month, all alcohol deaths, and that's when he decided something had to change.. and he began to get sober.

It began with him, followed by his wife, and it rippled outward to a sobriety rate today of about 95%, I was told. I've never been on a rez where nearly EVERYONE is sober in AA and it's constantly the focal point of the day. As with most places, peoples, and times, they still have a problem with the young people - BUT what a living example those young people have before them in that whole community!

As I sat in the bowels of the Atlanta Federal Prison I saw a video called "For The Honor Of All" about the Alkali Band, which I'd never heard of. The same people who had gotten sober played themselves in the film. A one-hour a week video was the ONLY program we had in prison until I got one started... always struggling against the sabotaging efforts of the prison administration that continued to try to deep six us every week.

But NEVER did I think, in those dark, grim moments in prison, that I would ever be right where that film took place and with the very people who made it. It's one more very touching, deeply impacting miracle in my story.

To be able to visit with them, laugh, give and receive hugs, sweat twice, and participate in the Sobriety Round Up was just beyond words. I owe so very, very much for my sobriety - it's priceless and I'll never be able to pay my debt for it.

One of the things that is so indefinable is the bond between all of us. My tribe lives thousands of miles away and is very different culturally - yet we are all the same and we are all truly connected. And that connection is powerful, deep, warm, and unbreakable. We are far more alike than different...and isn't it amazing that it's also true in AA among all of us who come from such diverse backgrounds worldwide.

It was a long way up there, 9 1/2 hours of flying time on three different segments each way, and I'm glad to be back home, sleeping in my own bed with my own wife (said with a grin), and my dog won't let me out of her sight right now.

I met a ton of really great folks, loved being with them, and I hope I see them again.

Wow...this being sober thing is really neat...!

Blue skies,
Lyle

MARLA'S STORY

I am a happy recovering alcoholic and my name is Marla. My sobriety date is June 20, 2001. Please join me in a moment of silence for that alcoholic that still suffers.

The story begins that a rape or an affair depending on whom you spoke to at the time conceived me.

When I was 9, my maternal my grandmother told me that my Mom tried to commit suicide when she found out she was pregnant with me but that she talked my Mom out of it by saying; "God had a plan for me to be in this world". She drank thru the pregnancy and supposedly the day I was born my Mom was still drinking.

And with that my life began in Richmond, Virginia...

As an infant, my 10 year old brother was left with all 3 of us, no food in the house, no utilities and a diaper frozen to my bottom, my aunt called the Child Welfare Agency and we were taken from the home and placed into foster care.

In that home, I slept in an attic and we used the "outdoors" for a bathroom. Being a foster child we weren't "as good as" the foster family and we weren't allowed the use of their bathroom and so I was taught that I was "less than".

That lasted until I was 4 & 1/2 years old. The story told to me was my Dad decided a geographical would solve their problems and wanted to move to California, my Mom wouldn't leave without ALL her kids. (at 12 my mother and her 6 brothers and sisters had all been put up for adoption when her father died from falling down a flight of stairs drunk.)

So, I was told my parents were coming to visit me and take me for an ice cream.

My "parents" came and we headed for California - boy for me was that a long ice cream trip with a group of people I didn't know!!!

My life in an "alcoholic family" truly began. One of our stops was El Paso, Texas and I had my 5th birthday. During the singing of happy birthday I burst into tears. The attention was put on me. I had learned if I blended in and didn't bring attention to myself, I wasn't punished and being brought into the spot light unnerved me. Plus, I don't ever remember celebrating a birthday before then.

From El Paso, we went to Utah to stay with my Dad's relatives and again we were the "poor relations" that no one wanted around and I remember feeling "less than" again. From there we landed in California. We had a nice home, my dad had a good job, but the alcohol always existed. Fighting between the parents always existed. We had to be quiet when there were hangovers, again, to blend in and stay out of the spot light kept me out of trouble for the most part. We went from owning a house to rental houses as the drinking caused jobs to be lost as well as the homes. This continued until we went farther down the economic ladder-from the owning in the "good" part of town" to renting on the "poor" side of town. Again it was reinforced I was "less than" and that nothing good lasted, As we moved around economically being on welfare, socially I was an outcast and I was made to use the backdoor of other kids homes.

From California to Virginia and back to California and so forth until at age 11 1965, I discovered alcohol and FINALLY I felt like fit in!!!

"My" own alcoholic life began.

When I was 12 my mother found religion and stopped drinking. However still being poor the people of the church treated us like a charity

case. I was allowed in their homes to play with their kids on occasion but again I KNEW we were not in their financial class. Their fathers were not alcoholic. I was tolerated out of "Christian" goodwill.

Not until 1981 when my father was diagnosed with cirrhosis of his liver did my Dad become sober until his death in 1988.

I felt more comfortable and at home outdoors with the animals and insects, the open sky and the trees than I ever did in a house or among people!!! I "knew" God wasn't punishing and waiting for me to screw up to be sent to hell, like I heard sitting in church.

This saga lasted for 36 years-5 marriages-2 children, from rags to riches and back to rags again to economic stability???, to economic instability all caused by MY alcoholism.

At the bottom of my last drunk that lasted for 9 consecutive months after numerous hospital visits for being malnutrition and dehydration, at the demand of my children to stop drinking or else I would not be allowed to see my grandchildren. Reluctantly and scared what I was told was going to be a 3, maybe 4 day detox., turned into a detox. & Rehab which lasted for 31 days. In detox, I went into convulsions, asphyxiated on my own vomit and was put into intensive care. After almost dying, my sober journey in AA began. On my own I did not know how to stay sober, didn't want to stay sober. I never felt like I was ever good enough and accepted as I am. In AA I have a worth and value. I am accepted in a group of people that base acceptance, not on income but on being an alcoholic. What a concept!!! I believe the Big Book and I have found a Higher Power I can do business with. On pg. 100 of the Big Book it states; **"Follow the dictates of a Higher Power and you will presently live in a new and wonderful world, no matter what your present circumstance."**

I have been blessed with a modest happy home that people enjoy being in and ironic they even enjoy being around me. I am NOT less than today. I wake up, not come to. On page 83 starts the promises and it states; **IF we are painstaking about this phase of our development we will be amazed before we are halfway through.**

I did the 90 in 90. I have a sponsor and I work and apply all the 12 steps in ALL my affairs to the best of my ability. I do the do's and I don't do the don'ts. Here began the 12 promises for me: That feeling of useless has left me. I am in service and work with other women. Because of the principles I have learned in Alcoholics Anonymous I do know peace within myself. I have found a new happiness in each sober day. I have solutions to situations that use to baffle me. I can share my past and not wish to shut the door on it but rejoice in the fact that somewhere there is another alcoholic that will benefit from my experience.

God IS doing for me what I could NOT do for myself.





**MINUTES OF THE NAIGSO BOARD OF DIRECTORS MEETING
30 MARCH 2008 (#72) AT MANY NATIONS IN RECOVERY, 3928 ILLINOIS ST. CHET HUNT ROOM,
SAN DIEGO, CA 92104.**

ATTENDANCE:

Board members present: Don W. Sr., Sylvia W., Gary C. (via phone), Robert & Judy V. (via phone), and Dennis C.
Board members absent: Marla M.
Visiting Participants: Don W. Jr. and Raylene H.

OPENING: Prayer and Potluck @12:10 PM

BELLY BUTTON BIRTHDAY:

Dennis C.
Cake was served.

CALLED TO ORDER: 1:00 PM

ROLL CALL: Quorum is present to conduct business

TREASURERS REPORT:

12/30/07 -3/29/08

Inflow: \$121.00

Outflow: None

Balance: \$5,369.65

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

REGISTRARS REPORT (via Email): Three new groups have registered

MINUTES: Approve meeting minutes #71 (12-30-07). Motioned by Gary C., 2nd by Dennis C. and unanimously approved.

GENERAL MANAGERS REPORT (3-30-08) See attached: Report was reviewed and discussed

7TH TRADITION: not passed

OLD BUSINESS:

2008 NAIGSO-AA Conference in Bismarck, North Dakota.

Status: Awaiting a response from the cafeteria manager regarding cost of coffee, snacks and possibly meat and cheese and/or vegetable trays. Also, it is desirable to provide a dinner during the 2008 conference. GM will consider the cost and move ahead on this item.

2009 NAIGSO-AA Conference:

Status: Gary, GM, reports that Jay M. has presented a preliminary offer to host the 2009 conference on the Ft McDowell Reservation in Arizona.

Printing/publishing a hard copy of the Daily Meditations:

Status: It was suggested our fellowship be given more time to digest and absorb the proposal to publish our Daily Meditations in a hardcopy book form. It has been approximately one year since that suggestion. Gary, GM, will re-present to the Advisory Council for further consideration.

The Online Advisory Council Guidelines will be posted to the website.

Status: A webpage has been added describing the history and purpose of our Online Advisory Council including the guidelines by which this committee functions.

NEW BUSINESS:

A webpage has also been added for our new "Inmate Correspondence Program" including guidelines and information on how to become a part of that program. Kim F., Prison Correspondence Coordinator, has resigned for personal reasons. The position is open and nominations for a replacement are requested.

A motion was made, seconded, and unanimously approved for Yolanda I., San Diego, to be the woman speaker at the 2008 NAIGSO-AA Conference in Bismarck, North Dakota. Don Sr., treasurer, is authorized to make and pay for the necessary travel arrangements. The arrangements are to include airfare, motel, and rental car.

Next Meeting (potluck) will be June 29, 2008 at the Many Nations Recovery Bldg., San Diego. 12:00pm

Motion to adjourn at 2:00 pm

Respectfully Submitted,

Don W. Sr
Acting NAIGSO-AA Board Secretary

NAIGSO-AA FINANCIAL REPORT 1-1-08 THRU 3-31-08

| | | | |
|--|-----------|----------|-------------------|
| | | | \$5,310.65 |
| NAIGSO-AA Balance Brought Forward | | | |
| Contributions: | | | |
| Groups and Conventions: | | | |
| 7 Clan Group, Sanborn, NY | 3/1/2008 | \$25.00 | |
| 4-Directions Group, Barona, CA | 3/30/2008 | \$50.00 | |
| Individuals: | | | |
| Peaches W., Garland, TX | 3/1/2008 | \$7.00 | |
| Morgan P., Sugarloaf, CA | 3/1/2008 | \$25.00 | |
| Total Contributions | | \$107.00 | |
| Expenditures: | | | |
| None | | \$0.00 | |
| Total | | \$107.00 | |
| NAIGSO-AA Closing Balance | | | \$5,417.65 |
| Bank Balance as of 1/31/2008 | | | \$5,310.65 |

SPRING BIRTHDAYS, 2008 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."



**MINUTES OF THE NAIGSO BOARD OF DIRECTORS MEETING
27 JULY 2008 (#73) AT MANY NATIONS IN RECOVERY, 3928 ILLINOIS ST. CHET HUNT ROOM,
SAN DIEGO, CA 92104.**

ATTENDANCE:

Board members present: Don W. Sr., Sylvia W., Gary C. (via phone). Marla M., and Dennis C.

Board members absent: Robert V. & Judy V

Visiting Participants: Don W. Jr., John S., Carla D., Al H., and Mark D.

OPENING: 12:00 PM: Prayer in Native language/English, Sylvia W. followed by Potluck

SOBRIETY BIRTHDAY:

John S. 18 Yrs.

Don & Sylvia W. 40 Yrs.

Cake was served.

CALLED TO ORDER: 1:10 PM

ROLL CALL: Quorum is present to conduct business

TREASURERS REPORT:

12/30/07 -7/18/08

Inflow: \$574.50

Outflow: \$1,201.03

Balance: \$4,684.12

Motion to approve; Mark, 2nd-Sylvia W.; unanimously approved.

REGISTRARS REPORT (submitted by Noelle via Email 07/27/08): Five new groups and five individuals have registered since January 2008. Motion to approve, Marla M.; 2nd Dennis; unanimously approved.

MINUTES: meeting minutes #72 (03-30-08) read by Don W. Motion to approve by Sylvia S., 2nd, Marla M. - unanimously approved.

GENERAL MANAGERS REPORT (07-25-08):

2008 NAIGSO-AA Conference in Bismarck, North Dakota :

#1- \$1,812.00 conference hospitality menu, approved estimate amt and use of Self-Support baskets. Motion to approve; Mark, 2nd Don W., unanimously approved.

2009 NAIGSO-AA Conference:

#2- Host guidelines discussed as follows; local AA Grp. cooperation/participation, on Indian Land, Tribal Council ok, facility. We need to move on and secure a location/ host for the 2009 NAIGSO-AA conference; this action will be carried out by Gary. Don W. motioned, Sylvia W. 2nd, unanimously approved

Printing/publishing a hard copy of the Daily Meditations:

#3-Daily Meditation book hardcopy, discussed. To be pursued as part of A.A. if at all possible, however; need to proceed. Motion to approve- Mark; 2nd. Carla; unanimously approved.

7TH TRADITION: not passed

OLD BUSINESS:

Items on GM Report discussed as follows;

Gary, GM, reports that Jay M. presented a preliminary offer to host the 2009 conference on the Ft McDowell Reservation in Arizona. He has not been able to be contacted, all correspondence returned. A new host will be determined and contacted.

The proposal to publish our Daily Meditations in a hardcopy book form to go forth. Hazelton is a possibility to be approached on how they publish AA material, as well as self published by an independent publisher.

Home Fires Directory Disclaimer is now part of the website and all members are responsible to keep current their information current in the Home Fires Directory.

NEW BUSINESS:

New Prison Correspondence Coordinator, Audrey J.-Lakeside has been a temporary volunteer for Kim F. Motion made keep Audrey J. in this position permanently. Motioned - Sylvia W. 2nd-Don W. Jr., unanimously approved. Gary C. motioned to send (fund) NAIGSO-AA Board secretary, Marla M. to Bismarck, North Dakota for the 2008 NAIGSO-AA Conference. Use of NAIGSO-AA funds to be authorized. 2nd- Carla, unanimously approved

Next Meeting (potluck) will be September 28, 2008 at the Many Nations Recovery Bldg., San Diego. 12:00pm
 Motion to adjourn at 3:07 pm
 Closing Prayer: Mark

Respectfully Submitted,
 Marla M.

NAIGSO-AA Board Secretary

Attachments: NAIGSO-AA General Manager's Report dated 7-25-08 is posted on Website.

NAIGSO-AA FINANCIAL REPORT 3-31-08 THRU 7-24-08

| | | | |
|--|-----------|----------|------------|
| NAIGSO-AA Balance Brought Forward | | | \$5,419.65 |
| Contributions: | | | |
| Groups and Conventions: | | | |
| Serenity Circle Fellowship, Coarsegold, CA | 4/12/2008 | \$116.00 | |
| Vision for you Group, L.A., CA | 6/4/2008 | \$20.00 | |
| Red Road Group, Green Bay, WI | 6/21/2008 | \$2.00 | |
| Serenity Circle Fellowship, Coarsegold, CA | 7/18/2008 | \$96.50 | |
| 7 Clan Group, Sanborn, NY | 7/18/2008 | \$25.00 | |
| Individuals: | | | |
| Timothy S., Odessa, FL | 4/12/2008 | \$40.00 | |
| William R., Big Pine, CA | 5/14/2008 | \$3.00 | |
| Melissa P., San Antonio, TX | 6/21/2008 | \$20.00 | |
| Timothy S., Odessa, FL | 6/21/2008 | \$40.00 | |
| Myrna M., Nespelem, WA | 7/18/2008 | \$1.00 | |
| Birthday Donors: | | | |
| Philip A., San Antonio, TX | 4/12/2008 | \$22.00 | |
| Sylvia W., Hemet, CA | 5/29/2008 | \$40.00 | |
| Don W. Sr., Hemet, CA | 6/17/2008 | \$40.00 | |
| Total Contributions | | | \$465.50 |
| Expenditures: | | | |
| Lakeside, CA Post Office - Box Rent | 4/1/2008 | \$56.00 | |
| Lyle P., Stockbridge, GA - Conv. Speaker | 6/17/2008 | \$470.00 | |
| Yolanda M. San Diego, CA - Conv. Speaker | 4/1/2008 | \$675.03 | |
| Total Expenditures: | | | \$1,201.03 |
| NAIGSO-AA Closing Balance: | | | \$4,684.12 |
| Bank Balance as of 6/30/2008 | | | \$4,969.62 |

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-----

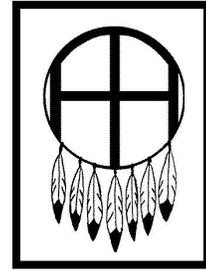
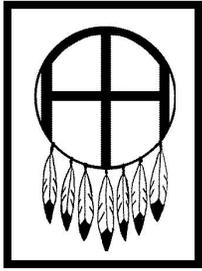
ADDRESS-----

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