



Four Directions



Native American Indian General Service Office

Spring 2005 Volume 4, Issue 2

Mitakuye Oyasin



I am honored to edit the Spring 2005 Edition of our Four Directions newsletter. This small bit of service I contribute quarterly enhances my sobriety. May the results also enhance yours.

Although most of the United States is just beginning to experience spring in May, here in Georgia it is practically summer already. My daffodils, dogwoods, azaleas, and fruit trees have already bloomed and lost their blossoms. The temperature has already reached eighty degrees a few times and I received my first sunburn of the year at the annual Mother's Day Powwow. Now my roses are in full bloom and my vegetable garden is well on its way to our table. What is summer like where you live? Submit photographs and short letters to liven up the summer issue of Four Directions.

Sobriety events are beginning to fill the weekends with fun and fellowship. Check the NAIGSO website for information about upcoming Native American sobriety events around the country.

This issue opens the communication channels between NAIGSO's Board of Directors and the members of the Native American Indian General Service Office. The minutes from the First Annual NAIGSO General Service Conference can be found on page 3 and the minutes from the February and March 2005 Board of Director's meetings are on pages 5 and 6, respectively.

There is an article about the "Unto These Sacred Hills Indians in Sobriety Campout" recently held in Cherokee, North Carolina on page 2. This event is held annually by the same people who hold the Convention every year in the fall.

Page 7 includes information about the new NAIGSO AA Family Circles email list as well as how to contact the Native American Indian General Service Office. Page 8 is the NAIGSO Registration Forms.

In Loving Service, Vicki F.

Unto These Sacred Hills Indians in Sobriety Campout Cherokee, North Carolina May 2005



On the Way to Cherokee, North Carolina

There are many parts of this story which I cannot tell in words. There were drums, people of many colors, food, laughter, formal meetings, and informal gatherings. The people came to be together and to be well and sober. There were people with decades of sobriety and there were people with days of sobriety.

Since I am telling this story, I can only tell it from my own experience and hope to be guided by the Great Spirit.

Friday night, I sat by our campfire and listened to the drums. The woods of the "Sacred Hills" came alive and I felt our ancestors watching us through the trees. My wife came up behind me and placed her hands on my head. I leaned into her bosom and felt Mother Earth's Bosom clasp herself around me. Funny it was Mother's Day weekend!

We had volunteered to help in any way we were needed. We were told people were always needed help do the cooking. When we arrived they said to just go to the cooking tent and tell the people there we wanted to help. The response was, "Are you willing to be responsible for preparing breakfast?" This is how the journey of being the food preparers for 200 people for the weekend started out.

When we started the next morning the task seemed overwhelming. There did not seem to be enough utensils or places to cook the food that would be needed to feed the people. And where would we get the help we needed? Many people did not want to work when asked, but they came and joined in anyway. And more people came and volunteered as we started. We overcame many obstacles and had a lot of fun while we fed the people. Many people thanked us. I wonder if they knew the honor of being the ones who "Fed the people?"

Saturday afternoon, a woman came up to me and said she had to share something with me. She said, "This is the calmest and the most peaceful campout I have been to and I know it is coming from the food. So it must be coming from you." I tried to laugh it off, because I could not see calm and peaceful ever coming from me. But as I began to look at it I knew she was right, I had never before walked through a situation where it was as much of a challenge to accomplish a goal with as limited resources as we had, we did not have much idea how much food to cook, cooking places seemed impossible, and we never seemed to have the other tools we needed. But the people got fed and there was always enough. In the end I knew I had received the greatest honor anyone came ever receive. I had been given the "Honor of feeding the People." Now I thank the people for allowing me to help feed them!

This story never really ends, but the telling will come to an end with these thoughts. We were cradled in the bosom of the "Sacred Hills" each night as we slept. We were protected by the "Sacred Fire" while we were there. And we were put to sleep by the drums of life as we lay down each night.

I give thanks to the "Great Spirit" for protecting us. I give thanks to Earth for holding us. I give thanks to the drummers. I give thanks to the "Keeper of the Sacred Fire." And I give thanks to the People who allowed this event to take place.

Submitted by Gary C., Rogersville, AL

Native American Indian General Service Office

First General Service Conference

Chet Hunt Room, Many Nations in Recovery
3928 Illinois St., San Diego, CA. 92104
Sunday 30 January 2005

ATTENDANCE at this Conference was 32 people from throughout Indian Country.

OPENING PRAYER was given by Sylvia W. Joshua W. sang the 4-Direction Song and Don W. Jr. read the 12 Traditions. A Prayer Plate and Pot Luck followed this.

INTRODUCTIONS were made around the room.

7TH TRADITION basket was passed. The amount contributed was \$155.00

OPENING REMARKS made by Don W. (Facilitator) are as follows:

Since the conference was scheduled back in October 2004 NAIGSO has received correspondence from Group Services in NY informing us that NY GSO acknowledges NAIGSO to function as the Central Office serving Native North American People and will include this information in the U.S. and Canadian directories as deemed appropriate by the Conference Committee on Report and Charter. The Conference Committee on Report and Charter has oversight of A.A. directories; consequently, the listing is being delayed to determine where in the A.A. directories the Central Office serving Native North American People might be listed to better serve the Fellowship. The committee will meet during the General Service Conference in April 2005.

The goals and service activities indicated on page four of the latest NAIGSO Newsletter was reviewed to help focus the thoughts of the conference. They are as follows:

The General Service Conference will focus on serving the Native North American People. The NAIGSO goals and service activities we desire to implement and improve on are as follows. You will be asked for your input and asked to take the good news of the conference consensus back home to share.

GOALS

1. To help our Indian people obtain sobriety through the 12 steps and 12 traditions of Alcoholics Anonymous (AA).
2. To be a helping hand to alcoholics anonymous general services office, New York, NY and alcoholics anonymous world service, New York, NY as an information source and referral service.
3. To provide traditional/cultural means of representation from the AA individual/group level to the AA world services level.
4. To induce Native American Indian AA groups and peoples to work closely and confidently with general services office and world services in AA.
5. To support the Native American people in obtaining sobriety through their own culture.
6. To provide service in concert with the Native American's traditional gathering(s).

SERVICE ACTIVITIES

1. Provide and distribute AA information and materials to members. Publish newsletter and maintain web site containing sobriety meeting and event information.
2. Conduct, coordinate and facilitate sobriety events including pow wows, camp meetings, encampments, conventions and conferences.
3. Provide guidance on how to establish and facilitate AA groups with Native American members while maintaining the twelve concepts, traditions and steps of AA, yet incorporating the Indian's traditional way of life and spirituality. This will also involve the linking of Indian alcoholics of different tribes, in cities, on reservations and in prison settings, in such a way that will be comfortable and compatible for

members. These concepts extend to the structural organization of NAIGSO, which means adapting the AA hierarchical system into a circular system to better serve the Indian customs.

4. Provide a path within AA for Indians to voice needs, from individual members to the world service level of AA. Meet requirements for Indian delegate to be seated and represent Indian nations at the world service meetings of AA. Sponsor a General Service Conference from which issues will merge to be brought before the world organization.
5. Provide NAIGSO representatives at sobriety gatherings, to meet members and determine better ways to provide services.
6. Provide directory of persons available to help individual Indian alcoholics.

OPEN DISCUSSION

Don V. Described a need to have information on our reservation meetings available at the local A.A. Central Offices Telephone Watch Desk. He also recommended that donations be collected for NAIGSO-A.A. in addition to donating to the local A.A. Central Office. Don announced that the aluminum Native American medallions were no longer available but all others were in stock and on hand.

Paula F. Remarked about the need for service volunteers to join the 'Contact Release' program, to serve in the jails and help inmates coming out of prison to get established in the fellowship.

Joshua W. Expressed that awareness representatives could speak at places like National University, about our goals & service activities.

Mark D. Suggested that more urban Native American Indian Meetings be started at ALANO Clubs.

Vicki F. Sees a need for a Public Information Committee to make known our Goals & Service Activities. As the Newsletter Editor, She welcomes articles, artwork, and information on new meetings & events all over Turtle Island. Stories are welcomed, also. You may submit items to <mailto:newsletter@naigso-aa.org>.

Bill R. Suggested that we all take flyers to other meetings, make extra effort contacting other people & educate local Central Offices about Native American meetings & events.

Judy V. as treasurer suggests passing around an additional can at your meetings labeled NAIGSO-A.A. This additional contribution would come directly to NAIGSO and not be included in the pie for sharing of funds.

Dan F. Since the first meetings in Bishop & LaPosta, lots of seeds were planted by reaching out to others talking about NAIGSO's vision of service to AA and our openness to Native American traditions, customs, and spirituality. Reach out everywhere because there are four colors in our emblem indicating the different races of people. If we educate everyone I believe that the unity of the AA spirit will spread into Indian Country this generation. Where there is unity and service there will be recovery.

Shannon B. Stated that it was confusing, that there were no Native Americans at her Native American Group...How do I reach out to them? Guidance is requested for this type of situation.

Don W. Sr. The views of NAIGSO-AA are changing for the better, as we steadfast and follow the 12 Traditions. People are becoming aware that we are not some cult or outside body but truly an AA entity with a desire to serve the Native North American alcoholic.

Chuck R. Stated, "that being acknowledged by the GSO in NY" is a historic event. He was thankful to the Elders for their efforts in NAIGSO. He further stated, "Alcoholism is very rampant in the California Native American people residing in Bishop, L.A. & San Francisco" and he gave thanks to the attendees coming from those locations for their faithfulness and good work.

Allen P. Stated that he has seen meeting information on the web and would like to see this information handed out at meetings.

Joshua W. Expressed that Indian People are watching our meetings, don't be discouraged, they will begin to show up the more they understand we are for real.

Sylvia W. Spoke of her four brothers lost to alcohol, that they wanted to get sober but did not have support. We are working diligently to provide this support for native peoples today.

Don W. Sr. Stated that when you start a Native American meeting, Native American people will come and take part as they realize more and more that it is their meeting. They will become more comfortable as they are encouraged to include traditional ways into the order of the meeting.

Bill R. Suggested that people moving out of the area verify your meeting and your new location to update our NAIGSO directory(s).

CLOSING REMARKS

Don W. The findings of this conference are taken very seriously. When you go home to your residence and/or reservation spread the word - the Native North American people have a voice within AA. We feel that you attendees bring real time feed back to us from Indian Country. Your suggestions and intents expressed have closed the loop and will be used to guide our efforts in the upcoming year.

Footnote

I wish to apologize for the fact that all comments made during the conference are not captured in this document. When we changed mikes to a longer cord for better access to the speakers the tape recorder stopped recording. From that time on the comments that were made were not taped. Consequently, we relied on our memory and Robert V.'s notes to compose this document. However, we feel that the discussion items contained in this document are typical and have captured the thoughts of the conference. Don W.

Native American Indian General Service Office

Board of Directors Meeting

February 2005

MINUTES of the Native American Indian General Office Board of Directors held on 27 February 2005 (#53) at Many Nations in Recovery, 3928 Illinois St. Chet Hunt Room, San Diego, CA 92104.

ATTENDANCE at this meeting: Robert V., President /Secretary; Don W. Sr., Registrar; Judy V., Treasurer; Sylvia W., Board Member; Joshua W., Board Member; Don W. Jr., Guest

OPENING prayer/pot luck

CALLED MEETING TO ORDER @ 1250

QUORUM is present for regular business.

MINUTES of previous meeting were read /corrections made, approved by majority.

TREASURER REPORT Copies handed out by Judy V . \$155.00 collected , 7th tradition on 30 Jan, '05 Balance \$2901.42...Passed by majority.

REGISTRAR REPORT Don W. Sr. shows; 438 Loners, 74 Groups, an 11% increase.

COMMITTEE REPORTS

NEWSLETTER (Don W. Sr.) mentioned that our Editor (Vicky F.) is awaiting; articles, stories, minuets, reports, such as Joshua W.'s National University presentation. Jushua W. commented that the content of stories might include that "Love and Tolerance is our code".

INTERNET NAIGSO-AA GROUP; Don W. Sr. Stated that the next step is to poll members for volunteers to serve as: Moderator, Greeter, Coordinator w/On Line Intergroup of Alcoholics Anonymous (OIAA), then register theGroup with OIAA.

OLD BUSINESS

Motion made by Robert V. to accept resignations from Board Members; Larry N. & Yolanda I. With regrets and gratitude for their excellent services. Seconded by Sylvia W. passed by majority.

Motion made by Don W. to mail/e-mail to attendees of the "1st Gen. Ser. Council Gathering" a copy of the Minutes of 30 Jan 2005...seconded by Joshua W., passed unanimously.

Joshua W. Volunteered to pay the annual PO Box fee, to be reimbursed by treasurer. Voted on , passed unanimously.

NEW BUSINESS

Don W. will contact Chuck R. (old registrar) and request his help in formatting our existing meetings & loners directories into a P.D.F (personal directory files) format. This will put the information into a format suitable for e mailing to Groups & Central Offices for their information and distribution. This was put into a Motion, discussed , voted, passed unanimously.

SCHEDULE NEXT BOARD MEETING Saturday 26 March 2005 at noon @ Robert V. house.

CLOSED MEETING @ 1535

Native American Indian General Service Office

Board of Directors Meeting

March 2005

Minutes of the Native American Indian General Office Board of Directors held on 26 March 2005 (#54) at Robert V's house. San Diego, Ca. 92117.

ATTENDANCE at this meeting: Robert V., President/Secretary/Historian; Don W. Sr., Registrar; Joshua W., Mail Handler; Sylvia W., Board Member; Mike F., Guest; Rainwater, Guest

OPENING prayer/pot luck @ 1204

CALLED MEETING TO ORDER @1243

QUORUM is present for regular business.

MINUTES of previous meeting were read /corrections made, approved by majority.

TREASURER REPORT Copies handed out by Robert V. (acting treasurer) Balance \$2824.68, must ask Judy V. (treasurer) if a note was enclosed w/ Serenity Circle Fellowship contribution, when she returns from her trip. Passed by majority.

REGISTRAR REPORT Don W. Sr. tabled, but growing.

COMMITTEE REPORTS

NEWSLETTER (Don W. Sr.) reported that Vicki F. expects to have the Spring Edition ready for next months Board meetings review. Vicki asked if our monthly Board Meeting Minutes could be included? This was put into a motion, and passed unanimously.

INTERNET NAIGSO-AA GROUP MEETING Don W. Sr. Reported this in operation with 24 members signed on, the address is on the NAIGSO-AA web sight.

OLD BUSINESS

Motion made to accept resignations of; Rachel C. (illness), Helen F. (missed 3 successive meetings). Passed unanimously.

Don W. Carried out last month's motion, by mailing/e-mailing to attendees a copy of the minutes of the 1st Gen. Ser. Council Gathering of 30 Jan. '05.

Joshua W. Reported that our post office box in Lakeside is not yet due for an annual rent payment, they will notify him when it is due.

Don W. contacted the old registrar (Chuck R.) to request that he convert our Group/Loners Directory into an Electronic Format for use in April '05.

NEW BUISNESS

Don W. Sr. Reported that The New York Office has stated they will list NAIGSO-AA as The "Central Office Serving Native North American Peoples."

Robert V. made motion to include the "NAIGSO AA Accounting Form" to NAIGSO-AA website along with other forms; this will be useful when setting up new Native American Meetings. 2nd by Sylvia W. passed unanimously.

Don W. announced that at the San Diego Woman's and Wellness Conference is scheduled for 3-7 April 2005. Joshua W. volunteered to man an information table and Monika P. will facilitate the Woman's AA Mtg. This was motion was 2nd & passed by majority.

NEXT BOARD MEETING; Chet Hunt Rm. @ 1200 24 April 2005

CLOSED MEETING; @ 1415

*Creator,
grant me the serenity to accept the things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference.*



Mission Beach, San Diego, CA

Stay in touch with the NAIGSO AA Family Circles email list



<http://groups.yahoo.com/group/naigsoaafamilycircles/>

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 in Microsoft Word format 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/>

951-927-2626

generalmanager@naigso-aa.org

newsletter@naigso-aa.org

<http://groups.yahoo.com/group/naigsoaafamilycircles/>



**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 (951) 927-2626 E-mail: generalmanager@naigso-aa.org



**Native American Indian Alcoholics Anonymous
Group Registration Form**



Is your group: AA _____
 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:							

Point of 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 (951) 927-2626 E-mail: generalmanager@naigso-aa.org