

HAAM GROUP - Friends of Bill W.

<http://members.cox.net/k6lx/haam.htm>

HAAM News - No 3

January 2010

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Note: I am recovering from serious cancer surgery last December. I just got given medical OK to go to San Antonio. Have tickets and room. So, Robert, K6LX will be there. I sure hope to see many of you there too!

**2010 AA Convention in San Antonio
Big Time News: We have a Hospitality
Suite assigned Courtesy AA Int'l.. It is the:
BODIE ROOM at the
Marriott Riverwalk Hotel
889 East Market Street**

HF Net - Operations - a directed net

The system of Net Control assignments continues and is going well. Here is how it is now:

HF NET (but not on Contest Weekends)

Monday -- Doug AB5FG

Tuesday -- Sig VE6SP

Wednesday -- Gary WØSDI

Thursday -- Sig VE6SP

Friday -- Doug AB5FG

Saturday -- This is a tough day - one of the above will try to be here, but let's all try to pitch in.

Sunday -- Robert K6LX

It is up to each net control operator to find someone(s) to serve as relay operator(s) for that session.

Every net should begin with the making of a list of those who have showed up. First the Net Control Operator makes a list; then he might ask the Relays to find additional checkins to add to the list. Then they can work them in turn.

Oh yes, let's ask up front: "Are there any new checkins here for the first time?" It gets kinda cold out there when wait and wait for a chance to checkin and you are not used to the net.

QSONet

QSONet is a VOIP protocol dedicated to amateur radio use. As you can see from our web page (reproduced over side) we meet there one hour before our regular net time. Moreover, the quality of the transmission is better than a telephone. It also provides the ability to concurrently

transmit photos for some additional information and enjoyment. See www.qsonet.com

You need a Windows computer, speaker and microphone or headset. Sam VE4KS, George VE1GAB, Maury W9FBC, Tom G4UGR, Doug AB5FG, Gary WØSDI and Robert K6LX show up much of the time. Add Russ W8ATA and Bob W0YIJ. Register (free for 90 days).

HF Net Format - Preamble

The following are recommended to be read at the start of each HF Net.

"This net is the Friends of Bill W. Net. We are a Group of amateur radio ops who get together every day to share our experience, strength and hope with each other as members of a sober community who live free of alcohol."

If someone asks for more, try this response:

"If you will give us your email address, we will send you a link to our website with schedules and background information. "

Use of "A.A." on the Air

We sometimes hear "A.A." mentioned on the air, and although we don't use our full names, we certainly use our call signs. So there really is a loss of anonymity when someone from our group says "A.A.". Our request, then, is that we should not use the term "A.A." on the Air as it compromises the anonymity tradition. So, please use the terms "sober community" and "living free of alcohol" when stated our group purpose. Gary has been particularly adept at using them for a long time and one might listen to his take on this. Recommended other expressions are "Our Program" and "My Home Group" when referring to participation at your local level. Let's leave "A.A." out of it on the airwaves.

HF Net Format - Meditation

From time to time, one or another of our members have suggested that we read one of the meditations for the day over the air. Some have even done this. However, it is time consuming and repetitive for who have read it already.

Further, there are many who are not in favor of reading any part of a printed meditation over the air. Meditation is seen to be a private matter. In no way should such sharing of a meditation be offered "to get the message out" as this is a form of proselytizing not in keeping with the traditions.

But, we recognize that some of us may want to include some form of meditation comment from time to time. The following ideas are suggested. Your thoughts on this are solicited. What follows are from KE5EGR and K6LX.

Recently, our member George, KE5EGR, has started his

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share (on QSO.net) by a very short summary of the gist, the idea, of the meditation followed by a brief story of how it applies now or has applied in his life.

To do this, of course, requires that the member have reviewed the meditation him/herself and prepared a short summary of its theme. I have asked George to prepare an example or two. I contribute one (3) done by myself.

So what are the rest of us to do then? I think we can add a comment of the application to ourselves if we choose. I recommend that we stick to member's theme already on the table in the interest of net time and the opportunity for others to share. No restrictions here: any member can share a meditation summary from any source, talk about the weather or whatever. (I, myself, prefer to hear about what you are doing/experiencing in your life than to hear about what you "should be doing".)

Here are three examples to illustrate the idea (nothing fancy, just about like it was on the air):

1-

Jan. 12th... (KE5EGR)

"This morning's "Daily Reflections" starts out with a couple sentences that really strike home with me... "Our very first problem is to accept our present circumstances as they are, ourselves as we are, and the people around us as they are. This is to adopt a realistic humility without which no genuine advance can ever begin." Throughout my life, I have always sought to change people, places, and things to suit my "ideal" of how they should be. But in doing that, I was always in conflict with everything around me. This is a great reminder to stop fighting anything and everything, in order to make progress in my recovery."

2-

Jan. 13th... (KE5EGR)

"Today's Daily Reflection reminds me that all I have is a "Daily Reprieve, and that I must maintain my "Spiritual Condition". For me that means that just for this day, I need to concentrate on staying close to my Higher Power... Staying in the middle of His will for me... Spending time in prayer and meditation... Asking what I can do for others. In the past, my days were always consumed by my efforts to do what I thought would make me "happy", rather than

what I might do for others. But in doing what I can to help others, I find myself staying close to my Higher Power. and when I do that, I gain happiness... Which is what I was looking for all the time."

3-

Jan 17th ... (K6LX)

"This morning's Daily Reflection speaks to finding happiness in the program. We sometimes grouse about not finding it. It points out that this wish is often gratified by reaching out to a newcomer with the result that our own happiness is recharged. This morning we have a new HF member listening in. It is Lee, AD3AA, in PA, who has put up a new antenna. He believes that he will be able to at least hear us. Let me give him a call (I call him, - another station (visitor) checks from PA with a fine signal)." I then ask VE6SP (today's relay) to give Lee a call. Afterwards, even tho we hear no reply from Lee, I was quite satisfied in reaching out to him. (PS-Lee is not a newcomer to our Program, just to HF)

And, if you shared a meditation summary one day, let it pass over the next few sessions you are on the air to let others share on whatever subject they choose.

Send in email address changes!

Still, only ~ 50% of our known members have email addresses on file with us. Please forgive us if you sent your email and it got lost in the shuffle. Send it again.

Please let me have your comments on any topic raised by this newsletter.

73 24 18 January 2010

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