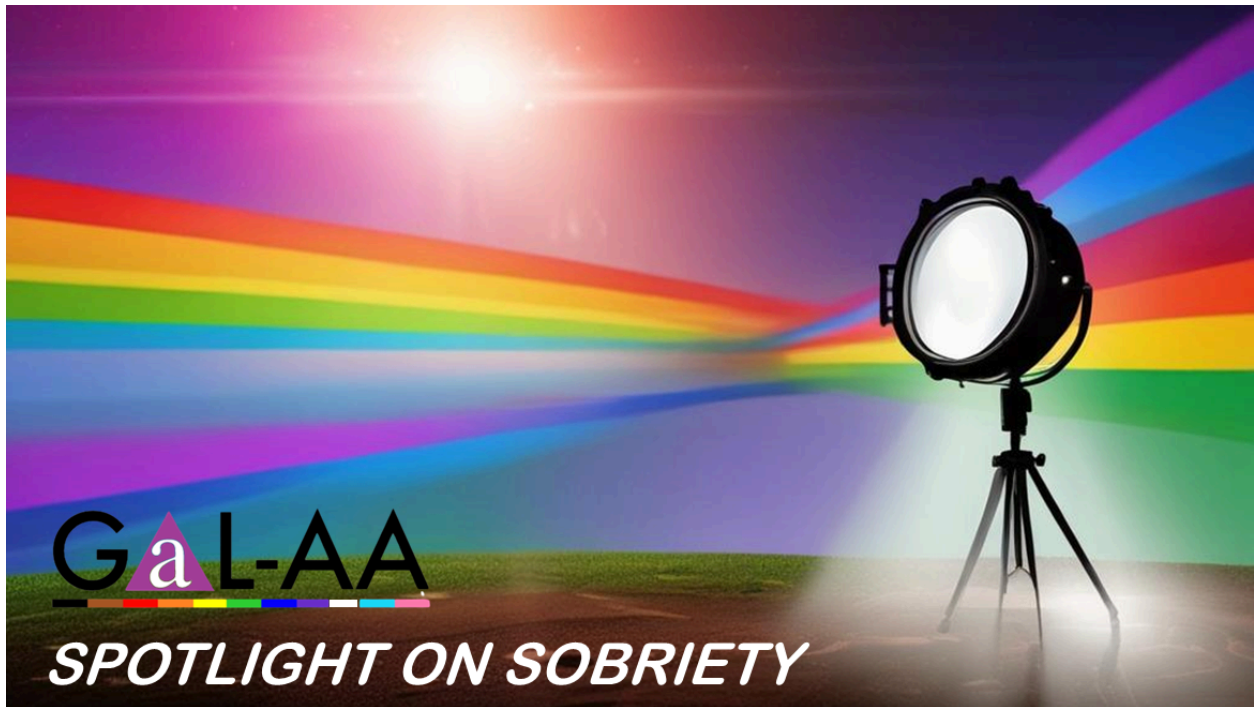


Spotlight On Sobriety June 2026



In this month's publication:

Click the link below to jump to that section:

- [Julie's Story](#)
 - [Archives is Asking for Help](#)
 - [Western Roundup - Living Sober San Francisco](#)
 - [Chicago Roundup](#)
 - [Camp Bass Lake 30th Anniversary](#)
 - [GaL-AA Looking for an Auditor](#)
 - [One Year Anniversary of Spotlight On Sobriety](#)
 - [Member June AA Anniversaries](#)
-

Julie's Story - The Evolution of my Alcoholism



(All images in this article are AI generated, no real people featured)

At my home group last week, the Speaker's prompt for our break-out groups was, "When did you know you were an alcoholic?" A dozen of us made our way upstairs, took our seats in the chairs set out for us, and began to share our experience, strength and hope with one another.

On this particular night, I found myself going back to a familiar thought, which begins with, "I'm fairly certain I came out of the womb an alcoholic, even though I took my first drink nearly 13 years later."



My earliest childhood memories include feeling irritable, restless and discontent – most of the time. I recall family stories, often told with humorous inflection, of creative ways I kept myself busy. I wasn't much of a napper. One day when my mother's back was turned, I removed the labels from dozens of canned goods in the pantry. For six months the "side dish" at dinner was a surprise.

Another story that clearly demonstrated alcoholic behavior-in-training was receiving a nurse's kit from Santa. Mesmerized by the small real scissors, I offered unsolicited pixie haircuts to the neighborhood girls. This was before ever setting foot in kindergarten.

Throughout grade school and into Junior High, I was a model student and athlete by day, and rabble-rouser at night. In the middle of 7th grade, my father's work promotion moved our family from a rural midwestern town to a West Coast metropolitan city. Within weeks, I went from knowing most of my classmates, to eating lunch alone. From running track and competing at the state level, to walking home from school directionless. I found alcohol a few weeks later at a family gathering and my drinking career was off and running. The mental obsession and physical craving changed the way I thought, felt, and behaved from day one. All I wanted was more! More! MORE!

The remainder of junior high was mostly a blur, other than meeting a girl who made my insides feel as alcohol did. Baffled and confused by these feelings, I found ways to avoid them, continuing to go to any lengths to get alcohol anyway I could. It's fair to say I drank irresponsibly most days. The Doctor Jekyll in me still made it to school most days; but Ms. Hyde spent afternoons bike riding around the neighborhood - in search of refrigerators in open garages. Focused on the adrenaline rush and relief I'd soon enjoy, I'd help myself to any and all alcohol I could stuff into my backpack. I hid bottles in my bedroom closet, the side yard bushes and up in the garage rafters. In hindsight, I drank because I was lonely, insecure and confused. I drank because I was an alcoholic. I just didn't realize it yet.

The standout memory from high school was waiting (im)patiently for my 16th birthday to take my driver's license test. I passed! My parents had divorced the previous year, and my father took me to purchase a small used car of my own. THIS single moment guided my drinking to a new level. By now I was sneaking out at night, and driving 20 minutes to "the city"



where I found make-up and high heels allowed me to pass for 21. I'd purchase vast amounts of alcohol for my friends and I. We'd park behind the 16+ gay bar and drink before we went inside. It was there my attraction to women made sense. I knew I wasn't alone. I was in heaven. Of course, I was drawn to the women who drank like me.

Historically I enjoyed the structure and routine of school, learning new things and meeting new people. So it made sense to continue on to college, not because I had a plan, but to keep from going into the real world. I was terrified and school kept me distracted. My

drinking reached a whole new level when I found the rock n' roll clubs. I began to surround myself with people, places and things that gave me permission to over-indulge, push boundaries and participate in numerous (yet exciting at times) character-reducing activities. I knew no limits. I just couldn't seem to get enough alcohol, accompanied by sex, drugs and rock n' roll.

After college, my alcoholic brain drew me to a career that often placed me in dangerous neighborhoods and situations. I loved the adrenaline rush. I worked compulsively – often logging over 60+ hours a week – while continuing the nighttime lifestyle I was accustomed to.



Fast forward to years of pushing my mind, body and spirit to the limit. What I now understand as a 'Power Greater Than Me' – saw fit to humble my pride, ego and lifestyle choices. I lost my desire to live, and planned to take my last breath with a bottle in hand in a field near my home. A family member noticed I was not acting myself, and made a decision to get me help, which I would not have sought out. My best thinking had gotten me to where I

was. That next morning I met with a therapist and filled out their questionnaire with brutal honesty for the first time – not just with myself, but also with another human being. *It was there in that moment, I received the gift of desperation and realized I was an alcoholic.*

The next week I began attending AA meetings, with hope of getting to know my sober self. I became willing to listen, to learn, to laugh... and most importantly to love myself. I was ready to identify a Higher Power, surrender my self-will and stop playing tug-of-war. I was able to hear the similarities in lieu of the differences. I courageously honored my queerness and was open about my



authentic self with a small group of trusted others. "How It Works" in Chapter 5 of the AA Big Book invited me to take this sentence seriously – "Rarely have we seen a person fail who has thoroughly followed our path." I spent 1 ½ years on my stepwork. I was willing to go to any lengths, craving freedom from the dis-ease of alcoholism. I became willing to be of service wherever I could, to stay out of my own way and help another alcoholic. I also continued to receive outside help for the first 2 years of sobriety – for support in making sense of my alcoholic family tree, how alcoholism and other life events affected me, and to whole-heartedly accept all parts of me, including being a queer woman.

Anyone who knows me in recovery, knows I count my days. In AA we celebrate these milestones at 30, 60 and 90 days. For whatever reason, I have yet to stop counting. With over 8,000 sober days to date – my mind, body, spirit, and emotions have found acceptance of my alcoholism in the rooms of Alcoholics Anonymous. I live a life beyond my wildest dreams, and for that I am grateful to be a part of this incredible worldwide fellowship.

Julie B.
Milwaukee, WI.

GaL-AA Archives is Asking For Help

TWO important segments of GaL-AA history might be in YOUR attic or storage facility. PLEASE HELP us to find them!

There are many interesting things about working with an archive. One of these is, certainly, discovering what records have been kept. Another is finding out what records or items have NOT been kept.

Where in the World is the IAC Tape Library?



**INTERNATIONAL
ADVISORY
COUNCIL**
for Homosexual Men and
Women in Alcoholics
Anonymous

The most important and interesting item we are seeking is the entire Tape Library that was

maintained by the International Advisory Counsel (IAC) between about 1992 and 2003. This collection of Speaker Tapes by and for LGBTQ+ members of AA started with 12 tapes with Hilda C. from Michigan serving as the first Librarian. During the ensuing 10 years, it grew to around 125 tapes that included talks by Barry L. of New York City and Marty M. The final Librarian of record was Bill W. from California.

These were the days when computers were rare and the Internet as we know it was a mere gleam in the eyes of people like Bill Gates and Steve Jobs. So, we traded cassette tapes to hear speakers from other areas and with different experience, strength and hope to share, as a notice in the *IACtivity* Newsletter #24 from February 1993 explains:

"Tape Library: Amazing Growth How sweet it is! From a mere suggestion in a recent newsletter, IAC's Tape Library has taken off big time! Hilda C., of Michigan, is our Service Librarian. The other good news is that 500+ audio tapes were received! Unfortunately, 472 of them relate more to Al-Anon, N.A., CODA and other 12 step programs. Only 28 tapes specifically apply to IAC/AA issues. They include roundups, Speakers and other formats. There are many "loners" and people in remote areas who've never heard an openly Gay/Lesbian recovering alcoholic share their hope, strength and experience."

The process was clearly explained in *IACtivity* Newsletter #31 from 1995:



"Tape Library: IAC maintains a tape library containing Speaker's Meetings tapes. You may obtain a listing of these tapes by writing to the P.O. Box. To obtain a tape either send two dollars and a blank cassette or five dollars without cassette to cover costs to the P.O. Box: Attention Tape Library. If you would like to donate a speaker tape please send it to the P.O. Box with a brief description of the speaker, date and location. IAC uses

these tapes to bring a meeting to those AA members who are unable to attend regularly scheduled Gay and Lesbian A.A. meetings."

Unfortunately, all records of the Tape Library, beyond these, and a couple of other Newsletter entries, have disappeared. We have tried to contact Bill W., the last Librarian we know of, without success, and there is no mention either in the *IACtivity* Newsletters we have, or in meeting minutes, of the dissolution of the Library or the whereabouts of its

Western Roundup Living Sober - July 10 to 12th 2026

[Register Now](#)

[Find out more - email from 5/26/2026](#)

<https://livingsober.org/50th/>



((Breaking news))

GaL-AA will be holding a workshop at this event. It will be held at the Most Holy Redeemer Catholic Church, check your event schedule for more details. Come out and see us and meet the GaL-AA Executive Committee.

A Vision For You

In 1976, something remarkable began. Living Sober was founded in San Francisco as the first AA conference created for LGBTQIA+ alcoholics. It inspired attendees from across the country to return home and start gatherings of their own and serves as somewhat the spiritual ancestor of LGBTQIA+

conferences, roundups and retreats. Fifty years later, this trailblazing conference is still thriving—alive with new energy, connection, and recovery.

Living Sober has long been a cornerstone of the Bay Area's queer AA community. Its impact deserves to be honored, preserved, and celebrated. LGBTQIA+ people continue to face both personal and systemic challenges, and this conference remains a powerful symbol of recovery, strength, and pride.

For the 50th Anniversary in 2026, we're bringing Living Sober to the Castro Cultural District, one of the nation's first gay neighborhoods, to celebrate this history

Why are we moving Living Sober to the Castro?

There are three big reasons why we think the Castro is the perfect home for Living Sober:

Bringing the conference to the heart of our community.

While LGBTQIA+ recovery happens all over San Francisco, the Castro has always been the center of it. It only makes sense for Living Sober to be there too.

Showcasing what makes San Francisco special.

We want to create a conference experience that's worth the trip—especially for those visiting from out of town. Holding it in the Castro, right after SF Pride, lets us highlight what makes recovery here so unique and magical.

Carrying the message.

We know that not everyone struggling with alcohol knows where to find us. By being present in the Castro, we make recovery more visible, reaching alcoholics who might not have found us otherwise.

[Register Now](#)

[Find out more](#)

Update:

See email sent out on 05/26/2026 with more information about the event

<https://mailchi.mp/livingsober/living-sober-2026-hot-off-the-press-16827877?e=3a0275cf5c>





Since 1986, the Chicago Roundup has stood as a sanctuary. Born in an era that challenged our community's very survival, these weekends became more than just meetings—they became a lifeline. As we mark our 40th-year milestone this year, we invite you to join us for a weekend built on the most powerful promise in recovery.

Our 2026 Theme: We Keep Coming Back

This isn't about returning from something. It's about choosing to be here. Day after day, year after year, showing up with intention and building a life that holds.

We keep coming back to ourselves, to each other, and for those who have yet to find their way, we will be there, because we keep coming back. There's strength in that consistency. In knowing that this space, this community, doesn't disappear. It grows because people continue to show up, not just for themselves, but so that when someone new walks through the door, they are not alone.

Register for the Roundup

The Weekend Experience

From **November 6–8, 2026**, we are taking over the **voco Chicago Downtown – Riverwalk**. We are curating a weekend that balances the deep work of recovery with the joy of our "chosen family" in a stunning setting:

- **Dynamic Workshops:** Interactive sessions exploring the steps through a queer lens.
- **Powerhouse Speakers:** Hear stories of hope and resilience from across the country.
- **World-Class Entertainment:** High-energy performances and programming to celebrate our sober joy.
- **The Saturday Night Banquet:** A night of elegance, laughter, and high-octane fellowship.
- **The Sunday Morning Brunch:** The perfect, soulful send-off to a transformative weekend.
- **The Hospitality Suite:** Where the real "meeting after the meeting" happens, featuring snacks, coffee, and endless connection.

Registration & Early Bird Discounts

[Register for the Roundup](#)

Camp Bass Lake 30th Anniversary - July 1 - 5th 2026

<https://www.campbasslake.org/>

[Register NOW](#) — Spaces are limited and expected to sell out early!

Join us for our annual sober camping trip at beautiful Bass Lake, CA, during the 4th of July Weekend! Designed for LGBTQ+ individuals in recovery and their friends, Camp Bass Lake (CBL) offers a relaxing and fun-filled escape with fellowship, outdoor activities, meetings, and community celebrations.

Event Highlights:

- Several days of relaxation and connection
- Swimming, hiking, boating, water skiing, and lakeside fun
- Day trips to Yosemite National Park (less than an hour away)
- Hawaiian Luau beach dinner
- Movie night under the stars
- 4th of July fireworks over the lake
- Talent show and signature entertainment
- Nightly AA meetings around the campfire

Dates: Wednesday, July 1 – Sunday, July 5, 2026

What to Bring: Tent, sleeping bag, and personal items for comfort. Campsite provides running water and toilet facilities. Showers are available at Miller's Landing.

Parking: Limited on-site parking available for \$50 (first-come, first-served during registration). Free nearby parking options are also available. RVs and campers are not permitted in the camping area.

Secure your spot today! Register now as we anticipate a quick sell-out!

CampBassLake.org

[Register NOW as we anticipate to sell-out early!](#)



GaL-AA Looking for a Auditor from the fellowship

AUDITING GaL-AA BOOKS
TRANSPARENCY. ACCOUNTABILITY. SERVICE.

CPA OR AUDITOR VOLUNTEER NEEDED!
Help GaL-AA maintain financial integrity through our required 5-year audit.

GaL-AA FINANCIAL RECORDS

AUDIT CHECKLIST

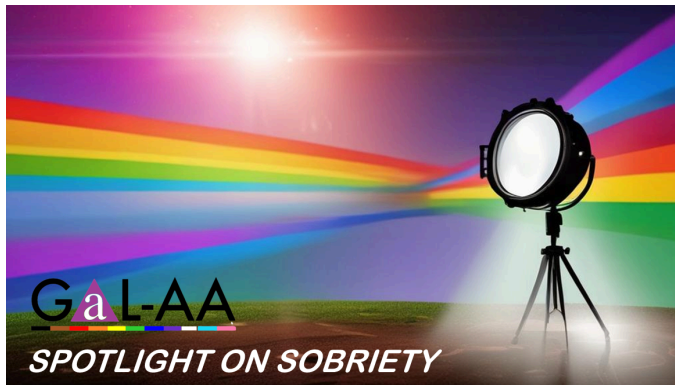
- Bank Statements
- Income Verification
- Expense Review
- Reconciliations
- Supporting Docs
- Financial Reports

UNITY | INCLUSIVITY | SERVICE

GaL-AA is seeking a CPA in the fellowship community to partner with us on an audit of GaL-AA's financial accounts. This is part of our ongoing commitment to fiscal accountability and transparency to those we serve. If you or someone you know might be interested in helping, please send a query to finance.committee@gal-aa.org. An audit scope document will be sent to those who are interested. We look forward to hearing from you!

GaL-AA - Finance Committee

Celebrating One Year of Spotlight On Sobriety



June marks a meaningful milestone for GaL-AA as we celebrate one year since transforming the *GaL-AA Newsletter*, a quarterly publication that could only be distributed via email, into *Spotlight On Sobriety*, a more dynamic, ongoing connection with our fellowship published weekly. This allowed us to expand our reach, share more timely content, and most importantly—make

our message more accessible. By publishing online and optimizing for search and social

platforms, our newsletters have become a living resource, helping people around the world find GaL-AA when they need it most.



Over the past year, we've seen steady growth in readership as our archive of newsletters continues to expand and become more discoverable. Today, *Spotlight On Sobriety* is reaching readers across

the globe, with our top countries including the United States, Canada, Singapore, the United Kingdom, Australia, Russia, New Zealand, China, Mexico, and the Netherlands. This year also brought another evolution—transitioning to a monthly format to ensure long-term sustainability while continuing to deliver meaningful, high-quality content to our community.

It's important to note that with our newsletters now living online in the digital world and searchable, we are seeing activity on all our older editions. When someone is looking to

read or research a topic, our newsletters are listed in their search results, thus expanding the awareness and reach of GaL-AA to an LGBTQ+ AA community that may not have access to material and topics we offer. Some areas of the world do not have AA or LGBTQ+ AA groups, meetings or clubhouses and reading *Spotlight On Sobriety* may be what they need to stay sober.

Below, we've highlighted six of our most popular editions from the past year, along with a snapshot of our global reach. We hope you enjoy this month's newsletter and invite your feedback and ideas anytime at **SpotlightOnSobriety@gal-aa.org**. You can explore all current editions of *Spotlight On Sobriety* on our website or by visiting:

<https://www.gal-aa.org/blog/categories/spotlight-on-sobriety>

For those interested in AA history, we're also proud to share that we've uncovered and archived many legacy newsletters from our earlier days when we were named the International Advisory Council (IAC) and early GaL-AA. You can explore these historical publications here:

<https://www.gal-aa.org/blog/categories/legacy-newsletters>

06/08/2025

IAC & GaL-AA history

<https://www.gal-aa.org/post/origins-of-gal-aa>



07/13/2025

21025 AA Convention in Vancouver

<https://www.gal-aa.org/post/gal-aa-spotlight-on-sobriety-07-13-2025>



09/14/2025

The History of the Serenity Prayer

<https://www.gal-aa.org/post/gal-aa-spotlight-on-sobriety-09-14-2025>



10/12/2025

Principles Behind The Steps – Step 1

<https://www.gal-aa.org/post/spotlight-on-sobriety-10-12-2025>



12/28/2025

After the Holidays

<https://www.gal-aa.org/post/spotlight-on-sobriety-12-28-2025>



02/15/2026

Beyond the Meeting: Digital Recovery

<https://www.gal-aa.org/post/spotlight-on-sobriety-02-15-2026>



G  **a** **L**-AA

Celebrating Our Sobriety Milestones



To add or edit your sobriety date, click on the link in the email you received from us. It is in the footer of the email where it says “update your preferences”. If you are not an email registered member yet, please [click here](#) to sign up.

First Name	Last Name	Sobriety Date	Years
Anthony	W	June 17, 2016	10
Avi	S	June 14, 2014	12
Bob	S	June 22, 2017	9
Bonnie	J	June 8, 1959	67
Brian	E	June 15, 2019	7
Candice	G	June 20, 1999	27
Charlie	L	June 24, 2023	3
Chris	K	June 11, 2000	26
Chris	K	June 25, 2018	8
Dan	S	June 2, 1963	63
DONNA	J	June 5, 1988	38
Doug	D	June 12, 1980	46
Ernie	S	June 13, 2010	16
Gail	M	June 6, 1993	33
Gary	H	June 8, 1990	36
Glitter	R	June 8, 2019	7
Gregory	C	June 20, 1982	44
Jeff	S	June 1, 2025	1
Jennifer	J	June 12, 1990	36
Kay	W	June 15, 2009	17
Keith	H	June 11, 1994	32
Kent	J	June 14, 2009	17
Kevin	W-S	June 2, 1981	45
Mandy	S	June 13, 2023	3
Mark	C	June 24, 1985	41
Michael	B	June 7, 2004	22
Nicole	G	June 11, 2024	2
Paul	E	June 22, 2022	4
Philip	B	June 2, 2021	5
Pierre	L	June 8, 2009	17
Roli	B	June 25, 2017	9
Skip	D	June 19, 2008	18
Tait	A	June 15, 2023	3
Tim	H	June 20, 1990	36
Tyler	J	June 14, 2017	9
Tyrone	C	June 22, 2016	10
V	B	June 7, 1990	36

Spotlight On Sobriety June 2026

The Spotlight On Sobriety June 2026 features personal stories, articles, and reflections submitted by members and friends of the fellowship. The views expressed are those of the individual authors and do not necessarily represent those of [Alcoholics Anonymous](#) or [GaL-AA](#).

Statement of Inclusion

<https://www.gal-aa.org/statementofinclusion>

GaL-AA exists to serve lesbians, gays, bisexuals, transgender people, queers and others in *Alcoholics Anonymous* regardless of how they self-identify. GaL-AA embraces all members of the AA Fellowship.

Your GaL-AA Newsletter Team

SpotlightOnSobriety@gal-aa.org

Become a GaL-AA Supporting Member

<https://www.gal-aa.org/members>

Become a GaL-AA Member

<https://www.gal-aa.org/members>

Join our Social Media Channels

<https://www.gal-aa.org/members/social-media>

