

Area 69 News & Notes

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MESSAGE FROM KEITH M.

Building Common Bonds Between Area and Intergroup/Central Offices Through Better Communication

My name is Keith and I am an alcoholic. I currently serve the Utah Area 69 as the Panel 61 Delegate. During the fall of last year I was reviewing past conference Advisory Actions and Additional Considerations and noticed the 1990 General Service Conference stressed the importance of communication between Area General Service and intergroup/central offices. So, I have been visiting our local Utah intergroup/central offices. It has been an absolute pleasure to attend meetings at three out of five with the others scheduled for May. I am overwhelmed by the total dedication of our intergroup/central offices staff and volunteers and all General Service volunteers. I observed thousands of hours spent on 12 Step work for our Fellowship.

Recently the Alternate Delegate and I attended numerous area and district inventories. These fact finding and fact facing inventories of general service structure and procedures has been incredibly revealing. In general, we are doing an amazing service to the still suffering alcoholics in our communities. The relationship between the intergroup/central officers and general service organizations was discussed on numerous occasions during these inventories. The participa-

tion and cooperation of the autonomous organizations is wonderful and makes my heart soar with delight. Being responsible to the same group of drunks creates common goals. Also, I noticed both organizations share the same pool of volunteers. Some issues we all are working on include mutual respect, redundant services, and tradition violations of both individuals and groups. Our general service legacy procedures, laid out in *The A.A. Service Manual*, have numerous suggestions for the correction of these problems. Possible solutions suggested from the collective knowledge of our General Service Office is to have the Area Delegate and the intergroup/central office staff, conduct a thorough review of the facts involving the situation and create common solutions. There are solutions to these problems through better deliberations within each organization and honest communication between these service entities, which have very common spiritual goals, to help the still suffering alcoholics in these communities.

Our A.A. Guidelines "Central or Intergroup Offices" (MG 02) suggest that both of these

autonomous organizations have a shared responsibility to work with groups in a community. Each of these service entities provides groups and individuals with different services. Good and frequent communication between District and Central Office will reduce redundant efforts and eliminate the "us" and "them" perceptions. The abundant 12 step needs of this community can be provided by a flexible partnership and still maintain our need for structural autonomy. Good communication does not mean affiliation. In summary, effective leadership will foster our traditional "Right of Decision," "Right of Participation" and "Right of Appeal." Our ultimate goal in sobriety is a happy, joyous and free life, where newcomers can carry our message of recovery and grow spiritually in our service structure.





Intergroup Service of Northern Utah

Intergroup Service of Northern Utah, Suite 107-A, 3480 Washington Boulevard, in Ogden, Utah, has been happily servicing the Northern Utah area for nearly a quarter century, providing AA Groups with Conference approved Literature, AA Pamphlets, and AA Meeting Schedules.

Yearly we have held an "Open House" in December, as well as some summer, fall, or springtime event.

Our Newsletter, the "Pass It On," is produced monthly, and contains the Cen-

tral Office Financial Statement, a Calendar of Events, scheduled in and around the AA World, Seventh Tradition mailing addresses, as well as changes in meetings, and District One & Intergroup minutes.

Our Office hours are 1:30PM 'til 5:30PM Tuesday through Friday, and from Noon 'til 4:00PM on Saturday. In an average month we'll have 100 people stop by, and around 300 contacts by telephone, as well as faxing, monthly, AA schedules to around 25 Institutions.

Our Steering Commit-

tee is comprised of six AA members, and the Central Office manager. Monthly an Intergroup Meeting is held, at 6:30PM, on the second Wednesday.



Central Office of Salt Lake City

The Salt Lake Central Office currently resides at 80 W Louise (2860 S) in Salt Lake City, UT. The Central Office first opened in July of 1947.

The Central Office Board is currently made up elected members: four Officers, Chairperson, Co-Chairperson, Secretary and Treasurer; three Trustees at Large; two Alternate Trustees at Large; and one Immediate Past Chairperson (not elected).

Central Office supports approximately 215 groups, of which 75 groups are represented, about 35%. These representatives together with the

Central Office Board make up the Central Office Committee.

The Central Office Board meets on the first Tuesday of every month. The Board meeting is attended by the officers and the Committee Chairs, usually around 20 people and generally lasts 1 to 2 hours. The Central Office Committee meets on the 2nd Tuesday of every month. Central Office Committee meeting attendance is usually about 40 members, and generally lasts one to two hours.

The Central Office is cur-

rently staffed by volunteers with one paid employee, a part-time bookkeeper. The Office is open 7 days a week, 10-6 Monday through Friday and 10-2 on Saturday.

The services provided currently

to the AA community include: Volunteer Committee, Literature Committee, Outreach Committee, Hotline Telephone Committee, 12th Step Committee, Website Committee, Activities Committee, By-Laws Committee, Newsletter Committee and Archives.

Alcoholics Anonymous Salt Lake Central Office



801-484-7871
80 West Louise
Salt Lake City

The 1st Annual Central Office/Intergroup Gathering was held Saturday, March 17, 2012, from 12-5 at the Salt Lake Central Office. The Gathering was the result of a few people wanting to provide and promote communication between the Utah Central Offices and Intergroups, and with Utah Area 69, similar to the Annual Central Office/Intergroup AAWs/AA Grapevine Seminar, which is attended by Central Offices and Intergroups from the U.S and Canada and the General Service Office. An invitation went out from the Salt Lake Central Office to the Ogden Central Office, Cache Valley Intergroup, Utah Valley Central Office, Dixie Central Office and the Utah Area 69 Delegate to attend the five hour gathering, with a request for topics of discussion. The response was overwhelmingly positive with acceptance from all invitees.

The topics requested were: "What services do Central

Offices/Intergroups provide?", "How are those services distributed?", "What is an effective relationship between local Central Offices and District and Area Committees?" and "How can we serve with a spirit of cooperation?" Attendees began arriving at 11:00 am and continued to come until 1:00 pm when all 20 participants were present. Introductions began at noon and continued as people arrived. The first discussion began after a brief break, "What services do Central Offices/Intergroups provide?" was combined with the second, "How are those services distributed?" The discussion included current practices, current problems and hoped for outcomes. Many similarities were discovered as well as shared experience, which was helpful to those who had issues.

After another break, the topic "What is an effective relationship between local Central Offices and District and Area

Committees?" was discussed. It was a lively conversation about what is currently working with many good suggestions about how these relationships can be improved. A common problem in Central Offices and Intergroups is a sense of "us" (Central Offices/Intergroups) and "them" (the General Service structure). All were in agreement that there is no separation, that we're all working to increase effectiveness and understanding in service, and that Central Offices and Intergroups is a special part of the A.A. service structure. We are all here together to support each other in our common purpose of helping the alcoholic who still suffers. The topic "How can we serve with a spirit of cooperation?" was last. Attention was turned to the Spanish speaking community. There have been concerns for the welfare of this group, the Spanish speaking Intergroup Office has closed. The Salt Lake Central Office has spoken with

members of that community about possible ways we can help and the alternate Delegate is in touch with the linguistic District 12. Hopefully, our concern and desire to help will be communicated and the Spanish speaking community will benefit. How we can be more accessible to those with special needs was the last topic, and many good ideas were discussed. This was such a worthwhile event. The detailed notes of the discussions are available for those interested. A new level of communication has begun between Utah Central Offices and Intergroups, and with Utah Area 69. This meeting illustrated the strength in unity and the joy of service that is abundant in Utah. Hopefully this tradition will continue for years to come.



Intergroups—Alex P. Past Trustee at Large/Canada

Intergroups, by their very nature, vary a great deal, from extremely large metropolitan locations to much smaller towns in remote areas. Because of this, their operations, their problems, their successes and their failures, can also vary greatly. When Intergroups do exist, they are on the front line in our effort to carry the AA message to those who suffer, and more often than not are the first contact for many alcoholics seeking help. I believe that like all other services, they exist primarily to make more and better twelfth step work possible. Being involved with an Intergroup can be a wonderful experience for anyone fortunate enough to work or volunteer there.

General Service, on the other hand, is the group of services that allow us to function as a whole, and we stay whole or AA dies. (Tradition 1)

Since both operations are controlled by the groups themselves, I strongly believe they should be governed by the same spiritual principals that are contained in the steps, traditions, concepts, and other A.A. literature. Some of these ideas are:

Concerning any given service, we pose but one question: "Is this service really needed?" If it is then maintain it we must, or fail in our mission to those who need and seek A.A. P. SI A.A. Service Manual.

The final responsibility and the ultimate authority for world services should always reside in the collective conscience of our whole Fellowship. Concept 1. I believe that this also applies to intergroups and the groups they provide services for.

The A.A. groups themselves ought to be fully supported by the voluntary contributions of their own members. (First sentence in tradition 7 long form) Experience has often warned us that nothing can so surely destroy our spiritual heritage as futile disputes over property, money, and authority. (Last sentence in tradition 7 long form)

I refer to these items because most of the problems I have personally encountered in intergroup can be directly traced to these principals.

I sobered up for the last time (I hope) on May 7, 1977, in a city where A.A. was very active. Intergroup covered several cities and had been operating since before our General Service Structure came into existence. At that time my home group, like other groups, was responsible for answering the phones one day a month. There were usually four or five of us there, always someone with experience, and someone that was relatively new. It was like a training ground but was also a wonderful experience, and everyone I can recall felt the same way. That Central Office did not sell anything but conference approved literature, and relied on the group contributions and a lot of volunteers to support it. It was very successful.

Several years later, however, I moved to a much smaller community that also had an intergroup. Much of their funding came from money they received from Round-ups, Gratitude Days, and the sale of literature. The more they received from these sources the less the groups contributed. That Intergroup eventually folded, partly due to its size, but also because of the lack of funding, and lack of participation. The groups have now found it necessary to find other ways to carry the message.

A DCM contacted me about a week ago and informed me that his district was experiencing similar problems. For some years now they have been receiving money from a very successful round-up. As a result, group contributions have fallen off.

While attending PRAASA this year I was told there are Intergroups that are expressing concern over reduced income from literature sales due to our books being available on-line. While I realize there are many services in A.A. that appear to depend on literature sales to keep them afloat, I have to wonder if it would really be so bad if that portion of our income was reduced. I have observed for some time now that whether it is a group, an intergroup, a district or

our whole structure, the more money we receive from sales and other money making events, the less we receive in contributions - and the less that members contribute, the less inclined they are to participate. Bill W. often said that sometimes the good is the enemy of the best, and while it may be good to make money on these sales, is it really the best for A.A.

Incidentally, approximately ten years ago this same topic came up at a world service meeting. Several delegates from other countries expressed concern with regards to our literature going on-line. This, to them, was a real threat to the survival of their General Service Offices. One of them even suggested that approx. 80% of their operating funds came from the sale of literature. Since some of these structures were relatively new I could understand it more than I can here. A.A. in the U.S and Canada has existed for a much longer period, and I think it is very sad that so few groups are supporting our own structure.

Perhaps it is long past time we stepped up to the plate and became fully self supporting through the voluntary contributions of our own members. As Bill stated in the long form of tradition seven - We think that each group should soon achieve this ideal.

Alex P.

Past Trustee at Large/Canada

1999-2003



2012 Pacific Region Alcoholics Anonymous Service Assembly March 2-4, 2012 Bellevue, Washington

Area 69 Chair Report

Dear Friends,

My name is Renae and I'm an alcoholic. When I first came to A.A., it was about my drinking and trying to just stay sober, the meetings were the "bread" in my attempt at recovery. After I was here for a little while, I sort of got to learn about the "butter" and "sticking together", and "principle before personalities"; what unity meant and how we need each other or "some of us may surely die". I began volunteering for small service jobs within my home group.

After several years of sobriety, I started to wonder about the monotony of doing the same thing day after day in my A.A. program. I was beginning to think that maybe this is as good as it gets in recovery. I was going

to meetings, reading the Big Book, working with my sponsor and working with others. I had had several service commitments and was doing everything I was supposed to---so what was I missing? I had the bread and the butter...was there something more?

The meat! I didn't realize that there was such a thing as "General Service" until I was about 5 years sober and jumped into "District Service". And then came "Area Service". And then beyond that, came the discovery of belonging to a "Pacific Region" and how all of these relate themselves to the General Service Conference, to GSO, and to the General Service Board of Alcoholics Anonymous in the continuous effort to carry the message of recovery to the still suffering Alcoholic. Wow! It still blows my mind how this program and this service structure works.

You might be thinking---ok, ok, but when is she going to tell us about PRAASA and give us a

report on what she learned? Here's the deal...every time I attend a PRAASA or a Pacific Regional Forum I learn a ton of stuff. I have given several formal and detailed reports over the past several years There is so much to experience and to learn at PRAASA that I could go on and on about what a wonderful and fulfilling assembly it was, and is every time I go. The message I really want to deliver to you is my enthusiasm for you to attend the next PRAASA and discover first hand and for yourself the gifts, the growth, and the experiences that you will surely walk away with. The 2013 PRAASA is being hosted "just out our front door" and to the north in Area 18, Idaho. I know I'll be there, and I hope to see all of you there too!

In Gratitude and Service,

Renae H.
Area 69 Chair



Host Hotel PRAASA 2012
Bellevue, Washington

PRAASA Experiences—Bruce I.

PRAASA 2012 - Bellevue, Washington
Bruce I.

Utah, Area 69 - PI Chair
All I can say is WOW, and hope that you get what I mean. Each of us must have experienced the Pacific Region Assembly differently and will make our contributions as the opportunities present themselves. To me, the spiritual experience of each one who participated is most likely the real value of PRAASA and more important than the particulars of what is said and done.

We all leave with something a little bit different which helps us bring home a more complete report and value to the Area. Public Information held roundtables on Friday and Saturday nights. Most of the ideas I heard expressed are already familiar in Area 69. Our members have done an excellent job bringing home information in the past. One idea I'd like to share in this report is about getting people involved in service. They said it's better to make a specific request rather than simply ask for volunteers. Be specific about what needs to be done and ask if someone will do it. Sometimes

it's necessary to extend a direct invitation such as, "Would you do this?" The suggestion I made at the roundtables was to make a list of attributes and current information concerning Alcoholics Anonymous in order to prime a story which might interest the news media. The response was to be cautious about promotion rather than attraction. It was also suggested to contact GSO concerning a project like that. The other thing I mentioned was our new Area 69 traveling display for PI/CPC. One of my favorite parts was the Past Trustees panel. One of them suggested it would be better to have the wrong per-

son attend an A.A. meeting than it would be to exclude the right person! We heard a lot about change. First, that it is slow. Second, there is fear surrounding new methods and technology. And third, that change in General Service is also a process; we need to trust the process, ask for help and then take direction. Finally, we were asked to consider the time and effort we put into our service work and not let it ruin our lives or the lives of those who are closest to us. Thank you so much for allowing me to serve and helping me to attend PRAASA.

PRAASA Experiences—Pete

PRAASA12 Summary

Hello, my name is Pete and I am an alcoholic. I have the privilege to serve you as the Area69 Treatment/Special Needs Standing Chairperson. My PRAASA report was over five pages when I read the request from Monte that we supply a few paragraphs. Hence, the elevator version of PRAASA12. First come the raw numbers, 2200 miles and 35 hours round trip. Although all of the folks that I had planned to take with me couldn't go – I wasn't alone. I had the COMMITTEE with me. Alcoholics who read this page will understand. They were truly kicking my Milton for awhile, too. Then I remembered that I had brought some reinforcements with me, a couple of Trustees – both present and past, a few more delegates, Dr. Paul, Tom I and Sandy B. came right out of the stereo system and kicked the crap out of my COMMITTEE.

I think many of us watched the PRAASA proceedings this year with special interest, as we are hosting this event in 2015. I

paid particular attention to the American Sign Language table that was right up front. I spoke with the ASL interpreters and found out as much as I could for two reasons – 2015 and it is also a part of Special Needs and I can't learn too much about this exciting and new(to me) aspect of service. My eyes got a little misty when one of the Hearing and Vocally Challenged members was able to go to the microphone and, through the interpreter, say his piece so that we could all share in his wisdom.

As always, the support from our GSO was amazing and Washington really rolled out the carpet. The panel presentations, especially the ones that included Area 69 members, were awesome. Special thanks to Walter, Kurt, Andy and Frank who put so much time and effort into their parts. I found myself getting all judgmental about those who would have us take less time to get a Big Book application for their PDD's. My biggest impression for this PRAASA came when the second year delegates had

their panel. As I sat listening to these members relate their experience on topics, I had this fleeting snapshot of how, at that moment, I was listening to and participating in a process. That process is called Carrying the Message and it has been going on for a long time, in many venues. God Willing – it will continue for many years (and alcoholics) to come. Please take the time to grab my six or seven page report for a semi-non-biased report on the entire proceedings. Please feel free to ask me any questions about the topics and I will try my best to be helpful.

AA Speaker Tapes (CDs) –
Don't Trudge Without Them.



Elliott Bay near Bellevue, Washington

PRAASA Experiences—Anthony V.

PRAASA - Coming Home

As I had not been in the Pacific North West for many years, PRAASA was a homecoming of sorts. Portland had been my home during my first try at recovery. It felt bittersweet to be walking through the streets of both Seattle and Bellevue, Washington, especially this time with more recovery under my belt.

Arriving at the hotel where the event was being held, we were a bit nervous. We were unsure about where to go and just what we would see. Fortunately, when we came in through the front doors, there was a person holding a PRAASA sign and wearing a neon bright green shirt. Internal sigh of relief, we knew we were in the right spot.

The feeling of my first meeting of AA was similar to the feel-

ing I had when we walked into the PRAASA event, nervously, I had no idea what to expect. Sitting in the huge ballroom, I heard people from all over the area and really, the world. There were so many people with different backgrounds telling my story. I knew that I was home amongst people who could relate to me and additionally, I could relate to these people! We all have a single purpose, "to stay sober and to carry the message" and I really felt this purpose right there in that huge hotel meeting room.

Once again, the feeling of being alone and unique was gone - it had been replaced with one of being a "part of" something that in the past, I had so desperately wanted and drank to find. The more that I get involved with AA, especially in service and going to events such as PRAASA, the closer to the center of the circle I stay. I also feel like I have a family that knows my story and I have a place where I belong. I have come home.

- Anthony V.



PRAASA Experiences—Ruth J.

Las Vegas 1973 at the Hacienda Hotel (long gone) was my first PRAASA, I hadn't a clue what was going on BUT I liked the feeling in the room and the people (about 230). I couldn't afford to go to Boise in 1974 but by 1975 I was a GSR, in my second year, and on my way to SLC,Utah with an assignment!! Talk on the 12 Traditions in 10 -12 minutes! WOW did I study to make it correct for all the "old hands" who knew everything anyway. Well guess who learned the most? yes it was me. I have learned since -don't

worry too much about what you say about a topic-a year from now few will remember- do you?

Since 1974 I have missed only one, due to illness. Topics come and go and come again in a little different form. Trusted servants come and many go after their terms. Then there are some, like me, who come as often as able to watch the "loving discussions" and some not so loving; reuniting with old friends, meeting new ones and mostly to watch AA work. The process is amazing, alt-

though no decisions are made on agenda topics at PRAASA, you can see folks "hear" other sides or acknowledge "new" information. We all want to ensure AA survives. We rotate and others come to do the same thing-continue serving AA to ensure it's survival. And to see my favorite definition of Unity in action "Joined for a common purpose-not necessarily agreement"
Ruth J. , Panel 29 NV Area Delegate and Pacific Region Trustee 1986
1990.

PRAASA Experiences—Andy B.

Hello Fellow Area 69 Servants,
First of all I want to say its been a true blessing and a great privilege to be able serve in any part of the program,

no matter what it is, I like the way it makes me feel, to be able to be useful to ALL.

My PRAASA experience was awesome as usual. The facility was enormous and the event staff was very helpful,

I mean they were everywhere, the whole event was very well done, and Area 69 was well represented and HELL I had a

blast.

The Monday before Gale had call to ask if I'd moderate a panel (Literature Panel) on Friday afternoon, and it just so happens another fellow Area 69 servant was a participant of on that same panel. What a deal to be a part of the event as well, these are experiences I won't ever forget. All the panels were great and very informative, I think my favorites were the panels on " Digital Age "

" Seventh Tradition " and " Safety in A A, Our Common

Welfare ". All the presenters covered alot of points in just about every part

of their reports. It was also GREAT to see alot of the friends I've made all over the western parts of the U.S., and remind myself that

it takes alot of people to make this stuff happen.

Thanx again for the chance to give a little something back and Thank to to all that showed me the way.

Love & Service

Andy B.

PRAASA Experiences—Sheri P.

My name is Sheri and I am an alcoholic. I currently serve as Area 69 Registrar and was blessed this year to be able to attend PRAASA in Bellevue Washington. This was my 6th PRAASA and for me was the best so far. By that I mean I heard more, I learned more, and I felt more. And I also mean I don't have any idea of what I will hear, learn, and feel in the years of PRAASA to come.

My journey started at the airport hooking up with Kirk and Frank taking the same flight. Part of the gift as serving in the area is the opportunities to get

to know the people we serve with on a deeper level and knowing that the love and fondness we feel for each other goes beyond being a member of alcoholic anonymous. Upon arriving I hung at the airport with Mary B. waiting for Keith and Rachel. Their plane landed and Mary, Rachel, and myself insistently became part of Keith's baggage. We met up with Monte and his crew for dinner and the fellowship began with my friends from Area 69. PRAASA is filled with 2 days of incredible topics and information, but honestly

the topic "Living Sober" presented by Frank B, and "Young People" presented by Walter C were my favorites.

I attended the Registrar's Round Table and it was very informative. One thing I have learned from the round tables at PRAASA is we are on such a smaller scale than so many other Areas. A lot of Areas have Alternate Registrar that helps get all the information to the Registrar. But one thing is the same as far as realizing that updating the records to GSO is an ongoing duty. We know as Registrars

that having everything up to date and current is nearly impossible, and it takes the help from all the districts. The FNV process started about 3 years ago and we are still working out the details. That comforting to me to find out that other Area run into the same issues as I have.

I got to laugh and cry with my AA family and once again realize how blessed I am to be part of this wonderful journey called General Service. Thank you so much Area 69.

Love in Service
Sheri P.

PRAASA Experiences—Mary A.

Hello! My name is Mary and I am an alcoholic. I am DCM for section 4 district 10 area 69 Utah. I am truly grateful to be in service.

I had the opportunity to attend PRAASA 2012 in Bellevue, Washington. What an amazing experience it was for me! I love conferences. I especially love them when I know and understand what is being said. The energy and vibe was incredible.

Roundtables were very informative. I found helpful tips on what to do with my dark meetings. I was put in check with my anonymity and reminded that it is my responsibility to ensure it remain guarded. There was tons of good information. I loved every minute.

There were 30+ of my fellow Utahns. I felt comfortable and loved. I feel that these people are the cream of the crop! I want what they have!

Lucky me, my sponsor was also there. Saturday night I was treated to dinner by her. It would be the first time I ever had mahi mahi. She told me it was tuna. I said, I love tuna! I devoured it. Later on I found out what it really was. It was so good that I forgave her anyway!!!

I was reeling in the after glow of Moab, Utah when I was in Bellevue. It has been an amazing journey!!! I thank all of my friends in recovery. All those who I have had the pleasure of doing service work with! Thank

you for unconditional love and guidance. I look forward to more!!!:))

I pray that I will remain teachable. That the god of my understanding will continue to bless us all in carrying the message to the alcoholic who still suffers. Thank you for letting me share.

Namaste~ Mary A.

PRAASA Experiences—Allen B.

Allen B.
DCM district 7
Northwest sub district
Cedar city
435 463 2489

My Name is Allen and I an an alcoholic. I recently attended my first PRAASA and it was the most amazing experience I have ever had in my life. If I were asked to compare it to a sporting event I would have to say it was the Super bowl of spirituality and service. I had the Honor of Meeting Phyllis Our Current General office manager of GSO. Greg M. A past Manager and Amy the Exe Editor from the grapevine. And whole bunch of others who have played big parts in the service to our fellowship. I didn't know whether I should shake their hands, Hug them or take a bow or stand there with my mouth open in awe so I went with the

handshake. I would have never thought I guy from cedar city Utah would ever be meeting them. I know they are just alcoholics like me but it was just cool. I've attended a few pre conferences and a half a dozen workshops but Praasa was incredible. I am counting the days till the next one and it fills me with hope! I have been truly blessed with a life beyond my dreams. Thank you Alcoholics Anonymous and I thank my higher power.

I love Being in Service



Where Fish Go To Drink Like Pigs



Consequences Of Fish Drinking Like Pigs

PRAASA Experiences—Treesa J.

First, I want to thank Area 69 for defraying me. The experience reminded me of why I love service. It is comforting to know each one of us is part of something so much bigger. Each of us begins our service work in our home group. Then learn there is more when we begin working in District service. That experience is broadened when we start service work at the Area level. PRAASA is such a bigger feeling.

Friday started with a mini meeting of sorts. Five of us went to coffee. We discussed service work and how the experience has affected each of us. The ideas or points of view were different but at the same time it was wonderful to see our enthusiasm and hope.

Something new at PRAASA this year was an orientation chaired by Greg M. I have heard Greg's name for years and here I was seeing him in person. Greg shared about service in sobriety and reminded everyone not to be so obsessively compulsive that we forget to schedule time to eat and sleep. Trust me when I say, I learned about H.A.L.T. (hungry, angry, lonely, tired) a long time ago. The Pacific Region is comprised of 15 areas in 13 states. The Pacific Region Alcoholics Anonymous Service Assembly is held to promote greater unity while exchanging ideas and discussing "pertinent aspects". The purpose is not to directly discuss the Agenda Voting Items but to discuss information that directly affects the Pacific Region. The thing that stuck out to me most is a committee can fulfill the responsibility of a position!! WOW This places God's will above an individual. God's will removes the pass or fail feeling and replaces it with a feeling of accomplishment. Do not let the project become a personal mission or obsession. Service positions provide the opportunity for "Responsibility". A past delegate shared about jobs for past delegates and he currently answers the phone that his "biker group" sponsors. How cool is that?! Service positions allow members to participate in their sobriety and the Third Legacy.

Then we heard a little on Service Sponsorship. Service Sponsors can take a sponsee

through the Traditions and Concepts. The Service Sponsor is someone you can discuss service commitments with while learning how to work well with others. What a concept!! One past delegate shared that before she started in service she thought service was for those "who thought they were smarter" but actually all the good looking AA women are in service. It was discussed that the Minority Appeal is not the Minority Opinion. The Minority Opinion is just an opinion. You can find more information under Policy & Admissions. If we fail to follow the group conscious and protect members, we are all at risk of dying.

Panel 5 discussed the Digital Age. For me personally, there was one piece of information that made the entire experience worth it!! Ami (Grapevine/LaVina Executive Editor) shared the E-book "Language of the Heart" cost \$3,000 to produce and it has already paid for itself. The information that enlightened me was why they used available software through Amazon, Barnes & Nobel and Apple. Grapevine in an attempt to save money used available software. AAWS, in an attempt to protect our copyrighted material, created its own software to sale E-books of The Big Book and The Twelve Traditions. It was also discussed how Social Networking Sites (Facebook, Twitter, etc.) allow us to help reach the suffering alcoholic, even online. Anonymity is not invisibility. Sharing my whole name in a meeting is a personal level not a public level. If I share my name on a public level I must decide if I am bragging or promoting myself as an example of AA. Public level is full name on a speaker tape, flyer or newspaper article.

Panel 6 discussed Safety in AA, Our Common Welfare. It was shared how individual safety is paramount. Our responsibility is to be sure if someone wants sobriety – they get it. Members can flirt with and date anyone they want but we should share when see inappropriate behavior and unwanted attention. Gossip isn't appropriate and it isn't the answer. Gossip only breeds hostility. Saying nothing may cost a life. Also, safety is bilateral meaning a sponsor or older member is just as vulnerable as a new-comer. We all should

feel safe from mental abuse, emotional abuse, physical abuse and financial abuse. Each us must ask our self, "am I part of the problem or the solution?" The first responsibility is Do No Harm!! There is not any AA Police – it is up to the fellowship. Love and tolerance only go so far before a group, a sponsor, a sponsee, or someone needs to speak up. It was suggested that groups put together newcomer packets. Every AA meeting should be guaranteed a better and safer life. Not more chaos!! If I am disruptive or exhibiting inappropriate behavior, I can be asked to leave. It may be my need to grow. It may be necessary to stop the meeting, call the police and remove the disruptive person. Our common welfare comes first but individual safety is just as important. Bill said, "AA is now safe from me". Have we asked ourselves, "Is my home group, district, area....safe from me?"

Panel 7 was Diversity, Are We Inclusive? One panelist shared that whether we are in plush carpet or plush grass, our puke is the same. No matter our race, gender, culture we need to ask two questions. What do you think about life without alcohol? What would you be willing to do to stay sober? If we think we are different or unique, we will die. Diversity needs to be met head on and to speak from the heart. We are not what we used to be, not what we want to be, but better than when we got here.

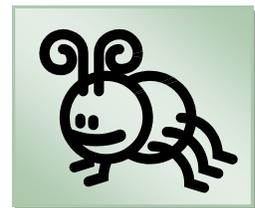
The Grapevine Roundtable was separate from the LaVina Roundtable. The roundtable was from 9 pm to 11 pm. I didn't know how I going to stay awake and focused. However, when it was 11:00, I was feeling like "This can't be the end, we just got started!!" As Greg shared that first morning, we hardly talked about the Agenda items. This was our time to "promote greater unity while exchanging ideas and discussing pertinent aspects". It was shared how the 80 page Grapevine Handbook is available online (Area 69 has one printed). Go to the tab Resources/GvR, then go down to Grapevine Resources on the right hand side and click on Workbook/GV Guide. You can also access the Handbook, FAQ's, Plays, etc. It was suggested that groups hand a newcomer an old Grapevine/LaVina with a phone list. It was discussed how to promote our main point – Participa-

tion!! They talked about sharing items, discuss the Sober Shutterbugs, Grapevine Workshops, the Free Daily information on the GvR page, and so much more. I think our Area is pretty well informed on these points. However, to learn more about the financial picture, read Box 459. I was very impressed when Ami talked about the move they just completed. The Grapevine/LaVina offices just moved from the 10th floor to the 12th floor which has reduced the yearly rent by \$60,000 a year. The Grapevine/LaVina staff is aware of the finances and working to balance the budget while working to keep our magazine available.

When the roundtable ended I was so excited and awake that I paced the hotel. It was really just a continuation of fellowshiping at an amazing level. I met and spoke with fellow members who are in love with service. This is when I met a past delegate who was part of the LaVina Roundtable and speaks Spanish. We visited only a short time but I felt his passion for Grapevine/LaVina. I really hope I have been able to share a little piece of my passion, enthusiasm and appreciation with you. PRAASA was uplifting to my spirit and a regeneration of my commitment to service and the fellowship.

Let me digress just a little. I have shared in my Area reports about the annual photo contest. Well, I submitted photos and received a very nice letter thanking me. The letter reminded me if one of my photos is used in the Wall Calendar, I will receive a complimentary copy. If a photo is used in a Print Magazine, I will receive a complimentary copy of that month. What impressed me the most was they thanked me first for participating and second for sharing my creativity. HAHA I have never been considered creative or artistic.

Thank you for letting me share my journey with you, Treesa J



Committee Reports

March 5, 2012

Public Information Committee

Wendy W – Chair

971-235-5240

wwhite56@comcast.net

Greetings District 10!

The Public Information Committee met on February 18, 2012, Curtis, Deb, Ray and myself were present.

Deb continues to visit 4 libraries and keep them stocked with literature. She submitted two Spanish Big Books for acceptance into circulation. The West Valley police station now has a sturdy holder with literature thanks to Deb, and they are very glad to have it.

Curtis received a response from the DABC, they were not in favor of having a flyer at their stores. Curtis is so sure that this is the right place for our flyer that he is going to pursue this from a different angle. Tenacious. The libraries he stocks have slowed down, but the police stations are really moving. He will pursue some interagency communication to encourage other stations to accept a display.

Ray left packets of literature with 2 doctors and a dentist, simple actions with far reaching effects. He stocked the emergency room at the Jordan River Hospital and will revisit River-ton Hospital when an administrator is there. Some facilities are more resistant than others.

It's wonderful to watch these dedicated people carrying our message. Their efforts are so needed, and they get to stay sober doing it!

Kearns High School will be receiving 8 presentations to over 200 students in mid-April. If you know someone under 25 with a year of sobriety, let them know there is a service opportunity not to be missed. Feel free to give them my contact information.

We'll be meeting on the 4th Saturday of March, the 24th, at 10am at the Central Office. Consider joining us on the road to happy destiny, carrying the message as we go.



Letters to the Editor

I am an alcoholic and my sobriety date is April 4, 1999. For 12 years I have been in continuous service in different positions within the Central Office Committee. I am currently in my third term on the Board of Directors. I am writing this letter in response to my recent observations of trends that I consider very disturbing pertaining to Central Office and the monthly meetings.

A few months ago, a District DCM and Area 69 Chairperson attended the monthly Central Office meeting. There was a discussion to clarify a Central Office procedure. As the discussion wore on, the Central Office Committee Chairman remarked "Are you two voting members"? My impressions of the chairman's remarks were if they were not voting members, then they did not have a voice regarding the matter.

I informed the Committee I had invited Area 69 Delegate, Keith M, to visit the December Central Office meeting. Keith accepted

and replied he would be there. When I asked for his visit to be put on the agenda, I was told I had no right to invite him without the Committee voting on it. I knew this was wrong, as anyone is welcome at the meeting.

Of course it was not put on the agenda and he was not even recognized as the Area Delegate after the meeting started. I spoke up when they asked for new Central Office Representatives and asked the officers to recognize that our Delegate was in attendance. I was promptly told 'no' as the Committee would include it in Other Reports, which is very close to the end of the meeting.

After refusing to recognize the Delegate, the acting Co-Chair asked Keith for information regarding Internet applications for the Big Book. Keith was more than happy to give the information asked.

This was the first time in my

years of service at Central Office that I was embarrassed to be a part of the Committee. These officers are the AA members we have elected to represent and serve us. When they are treated with disrespect and inconsideration, it reflects badly on District 3. This in my opinion is totally unacceptable.

Central Office belongs to all AA members in District 3. Any Area or District Officers should be able to attend the monthly meeting and be treated with respect, made to feel welcome, and allowed to voice his or her opinion.

Thank you for allowing me to serve.

Cory S.

Member of the Board of Directors of District 3 Central Office

The views and opinions expressed in "Letters to the Editor" are those of the authors and do not necessarily reflect the opinion of AAWS or Area 69 News & Notes.

MESSAGE FROM MONTE:

How do you give back what was freely given to you? How do you spread the message of hope, recovery and unity to those beyond your home group? Are you ready to be of service on an area level? Contributing to the Area 69 News and Notes publication is a rewarding way to be of service and to share with fellow members around the state. Simply contact your newsletter editor, with your article or photo by emailing : area69immediatepastdelegate@utahaa.org Area 69 News and Notes newsletter is published by Area 69. Opinions expressed are those of the writer and not necessarily those of A.A.W.S., nor does publication of any article imply endorsement or affiliation by A.A.W.S. or Area 69. Contributions from A.A. members

are welcome and will be printed as space allows. Submissions must be emailed and include the writers' contact information. Submissions may be signed with first name and last initial. Anonymous submissions will be published but the author's contact information must be included. The editors reserve the right to edit contents for length, clarity and their relation to the Twelve Traditions of Alcoholics Anonymous. An effort will be made to contact the author regarding content changes. This email/Newsletter including any attachments are confidential. Please respect the anonymity of others when sharing this publication. Thanks to those that contributed to the writing, editing, and production of this edition. Monte S.



March 30-April 1, 2012	Pre-Conference Assembly	District 7
April 22-28, 2012	General Service Confer-	Rye, NY
May 18-20, 2012	Post-Conference Assem-	District 1
June 16, 2012	Bridging the Gap Work-	District 11
June 17-22, 2012	University of Utah School on	District 10, U of U
August 17-19, 2012	Pre-Assembly Workshop	District 8, Vernal
September 21-23, 2012	Fall Assembly (Area Elec-	District 6
November 3-4, 2012	Fall Workshop	TBA
December 1, 2012	Area Committee Meeting	TBA
February 23, 2013	Area Committee Meeting	TBA
March 1-3, 2013	PRAASA 2013	Area 18, Boise, ID
April 6-8, 2013	Pre-Conference Assembly	District 10
April 21-27, 2013	General Service Confer-	New York
May 17-19, 2013	Post-Conference Assem-	District 3
June 15, 2013	Bridging the Gap Work-	TBA
June 16-21, 2013	University of Utah School on	District 10, U of U
August 16-18, 2013	Pre-Assembly Workshop	TBA
September 27-29, 2013	Fall Assembly	TBA



First Starbucks Store Plaque



Where Alcoholics Go To Drink Like Fish

District 4 on fire!



Alcoholics Anonymous Meeting Schedule District 4 February 2012

Contact District 4 AA 435-253-0263

Utah Area AA www.utahaa.org

Utah Valley Central Office (Provo) 801-375-8620

Dixie Central Office (St. George) 435-674-4791

Toll Free Hotline 1-877-865-5890

Phone List: Call Someone Before You Drink

- 1.Name: _____
- Phone: _____
- 2.Name: _____
- Phone: _____
- 3.Name: _____
- Phone: _____
- 4.Name: _____
- Phone: _____
- 5.Name: _____
- Phone: _____
- 6.Name: _____
- Phone: _____
- 7.Name: _____
- Phone: _____
- 8.Name: _____
- Phone: _____
- 9.Name: _____
- Phone: _____

District 4 AA Meetings

- Delta Tuesday**
- 8:00 pm Delta Group
305 E 200 N
Third Building Back
Just West of the Tech
- Fillmore Monday**
- 8:00 pm Fillmore Group
674 S Hwy 99
Hospital Basement
- Thursday**
- 8:00 pm Fillmore Group
674 S Hwy 99
Hospital Basement
- Friday**
- 8:00 pm Broken Elevator Meeting
90 S Main Street
South Basement Entrance
- Saturday**
- 8:00 pm Broken Elevator Meeting
90 S Main Street

