

# AREA 69 NEWS & NOTES

MAY 18-20, 2018

AREA 69 POST CONFERENCE ASSEMBLY

VOLUME 2

## “A.A.’s LEGACY OF SERVICE: How Do We Participate?”

December 1950

*“We, who are the older members of AA, bequeath to you who are younger, these three Legacies – the Twelve Steps of recovery, the Twelve Traditions, and now the general services of Alcoholics Anonymous. Two of the Legacies have long been in your keeping. By the Twelve Steps we have recovered from alcoholism; by the Twelve Traditions we are achieving a fine unity.*

*Being someday perishable, Dr. Bob and I now wish to deliver to the members of AA their Third Legacy. Since 1938 we and our friends have been holding it in trust. This legacy is the general Headquarters services of Alcoholics Anonymous – the Alcoholic Foundation, the AA Book, the AA Grapevine, and the AA General office. These are the principal services which have enabled our Society to function and to grow.*

*Acting on behalf of all, Dr. Bob and I ask you – the members of AA - now assume guidance of these services and guard them well. The future growth, indeed, the very survival, of Alcoholics Anonymous may one day depend upon how prudently these arms of service are administered in years to come.”*

Bill W.

*“The Language of The Heart” pg. 126*

### “SERVICE”

Service for me began in my Home Group. When I first started attending meetings, I didn't feel part of the world around me. Helping set up the chairs before the meeting and then helping put them away after the meeting began a change in me. I was part of something that made life feel a little less overwhelming for a little bit each

week. It didn't hurt that I enjoyed the fellow-shiping that evolved. I loved listening to the members share their experience, strength and hope before, during and after each meeting.

Attending the same meeting, over and over, each week started building my trust in

## Editor's Comments

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My name is Renae H., I am an alcoholic and your Area 69 “News & Notes” newsletter editor. I want to thank all those who have contributed to Volume 2 sharing their personal stories, experience, strength and hope in A.A.’s program of recovery, unity and service.

This addition is primarily dedicated to the Third Legacy of Service, and to perhaps inspire and encourage members in the Utah fellowship to reflect upon our individual efforts of how each of us carry the A.A. message of recovery to the still suffering alcoholic – whether it be Twelve Step work, group service, district, central offices, or Area 69 general services – and the blessings and joy that co-exist one with the other.

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 & 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](mailto:Area69immediatepastdelegate@utahaa.org)

(See additional Newsletter article submission information on the back page of this Volume)

people. I could trust the other members to be there at the same day and the same time each week. My life started to have some stability. I even started to be trustworthy and reliable to show up and be of service. Dare I say that I learned to be responsible?

Before sobriety, I was trustworthy and reliable but it was always for my own selfish and self-centered needs. Slowly, recovery and unity changed my life and gave me hope. My service moved from setting up meetings to chairing meetings and then becoming a GSR. Service gave me the opportunity to grow and learn structure. My perspective changed and I had a new "point of view".

As the group GSR, I widened my AA world and began to travel around the district. It was wonderful to travel to and from district meetings. The other trusted servants had a thirst for more knowledge and experiences too. In district service I moved from just learning about the 12 Steps of Recovery into the 12 Traditions. My service work eventually moved to an Area position and now I experienced the 12 Concepts. There was no end to the new friendships, travel and opportunity to grow. Attending PRAASA's, Forums, and an International Conference I heard about the six Warranties [outlined in Concept 12].

In Alcoholics Anonymous Comes of Age, page 140, it says action is the magic word. "Action to carry AA's message is therefore the heart of our Third Legacy of Service". It also states, "An AA

service is anything whatever that legitimately helps us to reach fellow sufferers". On page 49, we are reminded about the "Legacies of Recovery, Unity and Service. By the first we recover from alcoholism; by the second we stay together in Unity; and by the third our society functions and serves its primary purpose of carrying the AA message to all who need it and want it."

The Language of The Heart states on page 130, "To serve AA is to live. We gladly accept our Third Legacy and may we guard it well and use it wisely. God grant me that the Legacy of Service remain forever safe in our keeping."

I want to add that the Third Legacy of service has given me an opportunity to attend several National Alcoholics Anonymous Archive Workshops (NAAAW). These are exceptional conferences about our AA history and why we need to preserve where we come from and not wish to close the door on our past. My life is more than I had ever dreamed of and I truly owe it all to AA. My service work is a small attempt at paying back what I have been so freely given. I thank AA for a life beyond my wildest dreams.

In love and service,  
Treesa J.  
Area 69 Literature Chair

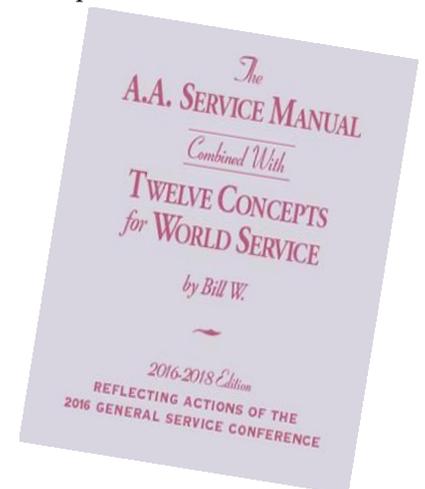
### **"The Area Assembly and Activities"**

"An area may be part of a state or province, or all of it, or may include parts of more than one state or province, depending

upon the size and needs of the A.A. population. In any case, the area holds an important middle position in the Conference structure – while through the elected delegate, it participates in A.A. worldwide, through the D.C.M. and G.S.R.s, it is close to the local scene.

### **"The Area Assembly"**

"Any meeting of area G.S.R.s and the area committee (see Chapter Five) is an assembly. The area assembly is the mainspring of the Conference structure---the democratic voice of the movement expressing itself. Assemblies are the responsibility of the area committee, and are conducted by its area chairperson.



In the beginning, general service assemblies were held only to elect committee officers and the delegate to the Conference meeting, and without such meetings, there might be no area service structure today. Now, assembly meetings consider a variety of issues, from General

Service Conference business to area problems and solutions and financial affairs, while sharing sessions, public information programs, workshops, and video programs keep A.A. strong and participation in service growing.

An election assembly is held at least once every two years to choose a delegate and committee officers. It is usually scheduled in the fall of the year prior to November 1. (Generally the newly elected delegate and officers take office as of January 1.)" *Page 536 A.A. Service Manual*

## **“Some Rotating - Panel 67 Area 69 Officers and Standing Committee Chairs Share: Service Position, Responsibilities & Experience”**

### **Area 69 Secretary**

The Area Secretary records, types, and copies the minutes of all Area Business Meetings. Have all documents translated /interpreted into Spanish and provide 10 copies at each Area event.

\* Mails a copy of the minutes of all Area Committee Meetings to each member of the Area Assembly and District Standing Chairs within 30 days following the meeting. Copies and mails the agenda for each Area Committee Meeting to each member of the Area Assembly and District Standing Chairs no

later than 30 days prior to the meeting.

\* Mails a copy of the minutes of all Area Assemblies to each member of the Area Assembly and District Standing Chairs, each Pacific Region Area Delegate, and Page 6 to the Pacific Region Trustee within 30 days following the Assembly. Copies and mails the agenda for each Area Assembly to each member of the Area Assembly and District Standing Chairs no later than 30 days prior to the meeting.

\* Keeps and maintains throughout his/her two year term of office up-to-date copies of these Area Guidelines and all other records of the Area Committee, and at the end of each term turns all records not more than 2 years old over to the newly elected Secretary, and records over 2 years old to the Repository Archivist.

\* Develops a working knowledge of the Utah Area Guidelines and has the responsibility along with the Area Chairperson to give direction to the Area Service Committee whenever it becomes apparent the policies and procedures contained in the guidelines are not being followed.

\* Serves as a member of the Area Finance Committee.

\* Serves as Secretary on the Area Communications Committee.

Phew, that seems like a lot of things to do. At first I wasn't sure I could do all of that, or wanted to. Fortunately, Area Secretary starts off slow – December Committee Meeting minutes are completed by the previous Area Secretary and we have until the end of January to mail off documents for the first time. The Area Secretary has from one to four weeks after event to send off printed documents. The most time difficult is after the February Committee Meeting. This year I finished the minutes on Sunday, printed on Monday, addressed/returned/stamped/folded/stuffed/sealed on Tuesday, dropped them in the mail on Wednesday, and drove to PRAASA on Thursday. Yee Haw!!

I thought taking, and typing, the minutes would be the hardest part. A computer is required, a laptop is most useful. Now, with a laptop on the stage, I can fill in the order of reports (which changes from event to event), type in a few notes about what is happening (questions, motion discussion, open mic), and sometimes copy emailed reports into the minutes. After each event it takes an hour or two to type in hand written reports and finish the minutes.

All the printing, folding, stuffing, etc., etc., seems overwhelming. Finding a good copy place is essential. Some copiers charge \$0.20 or more per page, others as little as \$0.08 per page. Once we have the printouts, the manual labor begins. This seems to work best by making it a movie night – stamping, addressing, folding, stuffing, and sealing takes from one to two hours to complete with a snack break in the middle. I have found it easiest to put the stamp, address, and return label on each envelope first. Picking, folding, and stuffing can be done with batches of finished envelopes. Finally, all of the envelopes are sealed and stacked in a box for delivery to the post office.

With each job in AA, I try to add something. One request from the Area inventory was to include more details of motion discussion and open mike in the minutes. Using the new digital recordings and a good playback program I have tried to include the essence of all of this sharing. I hope this has been useful to Area 69 when reviewing the minutes from each event.

In the end, we learn to love all aspects of whatever job we do in AA. What seems confusing and overwhelming at first becomes obvious and straight forward. By the end of a rotation we are proficient, knowledgeable, and even excited about all of our duties. Being Area Secretary has

challenged me to be a better member of the Area Committee, and a better member of Alcoholics Anonymous, to step outside of my rigid, nerd view of the world. As a reward, I now enjoy better relationships with everyone, especially those in general service in Area 69. Thank you for allowing me to serve.

Kurt J.  
Area 69 Secretary  
Panel 67

### Area 69 Registrar

Hi, friends. My name is Devin and I'm an alcoholic. I am honored to serve as your Area 69 Registrar. As registrar, I serve as an area officer and have several responsibilities. It sort of all boils down to keeping track of a group of people who aren't necessarily used to being kept track of and tend to disappear without warning on a somewhat regular basis.

I maintain contact information of anyone in a service position at the group, district and area level in the state of Utah. There are three places where information is maintained and needs to be consistent. I enter information directly in a database the AA General Service Office has called Fellowship New Vision (FNV) that lists every individual in a service position in the US, Canada and around the world. I also liaison with the GSO Records Department to help make sure that database is as

accurate as possible. I maintain a contact spreadsheet with contact information that is shared within Area 69. I make sure everyone's email is in our contact list that is used to broadcast information area-wide. I also maintain a postal mailing list that our area uses to mail information via postal mail to those members who may not have email. I maintain a PO Box to receive information as well as items returned as undeliverable so I can update the postal mail list.

As a member of the Area 69 Communications Committee, I have access to the area website and am responsible for posting new meetings and updating meeting times and locations. I also try to coordinate with Intergroup/Central Offices to reconcile differences in our meeting schedules.

I am responsible for registering voting members at assemblies so we can establish a count of the number of voting members required for a quorum. I am expected to attend all 8 area assemblies, workshops and committee meetings during the year. I am fortunate to be defrayed for some of the cost of attending PRAASA once during my term.

The best part of this job for me has been that it got me out of my comfort zone and I get to meet everyone at the assemblies from across the area. I was extremely isolated, introverted and socially

## *Area 69 Upcoming Service Events*



June 16, 2018

Area 69 Utah Bridging the  
Gap Workshop  
Clearfield, Utah

August 18-19, 2018

Pre-Assembly Workshop  
Park City, Utah

September 7-9, 2018

Pacific Regional Forum  
Double Tree by Hilton  
San Jose, California  
Online Registration Opens:  
July 9, 2018

September 21-23, 2018

Area 69 Fall (Election)  
Assembly  
Salt Lake City, Utah

November 3-4, 2018

Area 69 Fall Workshop  
Logan, Utah

December 1, 2018

Area 69 Committee  
Meeting  
"Pass the Gavel"  
District 3

*For More Information*

*Visit:*

*[www.utahaa.org](http://www.utahaa.org)*

awkward. Meeting new people was very hard for me. I tried to overcome this with alcohol and that led to very bad consequences. This position has allowed me to push my boundaries and grow as a person. I love working with the people in General Service and growing as a person. I like being around people and working with them instead of being afraid of them. You are all amazing. It has also helped me in working with people and overcoming differences in a productive way rather than lashing out, although, to be honest, I am still not the best at that. I do, however, recognize my shortcomings and am willing to work on them. I can honestly tell you that being of service as your Area 69 Registrar has been one of the most rewarding experiences of my life and I am glad I overcame my fears to stand for the position.

### **Area 69 CPC Committee**

CPC stands for Cooperation With the Professional Community. Professionals in this sense are those who come into contact with alcoholics while performing their duties of their occupation.

A professional can be anyone who deals with problem drinkers in the course of their work. Many of these people often encounter the suffering alcoholic, and in spite of public awareness, many of them simply don't know what

to do with a drunk. The AA program works when an alcoholic wants help and A.A. is on hand to give that help. However, somewhere in the background there has usually been the help of a doctor, alcoholism agency or facility, relative, employer, teacher, someone who knew about A.A. and where to find it.

What do we do? Members of the C.P.C. committees inform professionals and future professionals, such as nursing students, about A.A. - what we are, where we are, what we can do, and what we cannot do. They attempt to establish better communication between A.A.'s and professionals, and to find simple, effective ways of cooperating without being affiliated.

As C.P.C. committee members we actively seek ways to assist professionals who come in contact with alcoholics. For example, one method used in our Area suggests that each member of the committee contact one professional per month. Whether you are a newcomer or a long-timer there is a job for you in C.P.C. Many activities such as contacting professionals and literature distribution can be done at your convenience. Having diversity within the committee in regards to age, background, gender, and length of sobriety helps us to provide a better representation of the

Fellowship. All members are invited to participate.

Common C.P.C. activities; distribute A.A. literature to professionals, host A.A. displays at recovery events, talk to groups of professionals about A.A., and discuss with a professional how their clients and others might benefit from A.A.

Some typical C.P.C. contacts are; Industry- human resources, health care, doctors, physician's assistants, nurses, and hospital staff, mental health-psychiatrists, psychologists and family counselors, member of the clergy, Social workers, Educators, schools counselors and Law enforcement agencies.

How can you get involved?

Asked your GSR or contact your CPC Chair about projects in the District and Area 69. You can be of considerable help if you join the District or Area CPC committee. Thank you for allowing me to serve.

Cheryl H.  
Area 69 CPC Committee  
Standing Chair

### **Area 69 Grapevine**

#### **Committee**

The Area Grapevine Chairperson directs the Area Grapevine committee which is made up of all District Grapevine Chairpersons and any other interested members of AA. The function of the Grapevine Committee is to provide information about the

International Monthly Journal of A.A. known as the Grapevine.

Duties include:

- \* Help members of the committee inform groups and individuals of the many benefits that can be derived through Grapevine subscriptions. Encourages the use of the Grapevine in the Twelfth Step work of other committees.
- \* Stimulates interest in submitting articles for publication.
- \* Provides a Grapevine display at all Area Assemblies, and by request at Area Workshops and other AA service events.
- \* Attends all Area Assemblies, Workshops, and Committee Meetings. If unable to attend an Area event, notify the Area Chair. Also attends PRASSA in the odd years and the Grapevine name is placed in a hat to be drawn out for the Pacific Region Forum held every two years.
- \* Provides a written inventory of all Area property held by the Grapevine chair to the Alternate Delegate and to the Repository Archivist each December at the Pass the Gavel or the Area Inventory Meeting.

This is a fun and not too time consuming position. If you want to be involved in Area service work but you don't have a lot of time to dedicate to service work...this is the job for you!

Linda R.  
Area 69 Grapevine Committee  
Standing Chair

*For More Information about The  
A.A. Grapevine and LaVina  
Magazine and On-Line Store,  
Please Visit:*

*[www.aagrapevine.org](http://www.aagrapevine.org)*



### **Area 69 Literature**

AA Guidelines on Literature (GSO Yellow Pages) *"Let Literature Carry the Message, Too"*  
Today, as in the early days of Alcoholics Anonymous, the A.A. message of recovery from alcoholism is carried by one alcoholic talking to another. However, since the publication of the first edition of the Big Book in 1939, literature has played an important role in spreading the A.A. message and imparting information about the A.A. Twelve Step program of recovery. The newcomer, walking into an A.A. group for the first time, may be given a meeting list, basic recovery pamphlets and, depending on the individual group conscience, perhaps a copy of Living Sober or the Big Book. In 1992, the Conference Literature Committee suggested that the trustees' Literature Committee develop literature committee guidelines comprised of shared experience from the Fellowship. These guidelines provide a summary of

shared experience of A.A.s in the groups, central and intergroup offices, general service areas and districts who have formed literature committees and shared how they "Let Literature Carry the Message, Too."

#### Purpose of Literature

#### Chairperson

Whether group, central office or intergroup, area or district, a literature chairperson:

- \* Informs groups, district or area assembly members, through displays and other suitable Methods, of all available Conference approved literature, audiovisual material and special items.
- \* Provides service-oriented literature for groups, area and district functions as funded/requested.
- \* Considers suggestions regarding proposed additions to and changes in Conference-approved literature and audiovisual material.
- \* Encourages A.A. members to read and purchase A.A. Conference-approved literature.

#### Personal Service Experience

#### Literature Standing Chair

Our three legacies are: Recovery, Unity, and Service. A Regional Trustee once asked Area 69 members, "How equal is your triangle?" Since hearing that, I have done my best to keep Unity active in a meeting and/or home group, keep my Recovery active by working with a sponsor and/or sponsee(s), and keep active in Service. Service doesn't always mean a General Service Representative (GSR), etc. You can be of service by chairing a meeting, helping set up or pick

up after a meeting, offer to make coffee, be a greeter, etc.

Personally, being active in service has given me a bigger view of the program as a whole. I have traveled places I never imagined (Dr. Bob's home, Bill W.'s "Wits End"), made friends outside my town/district/state, and I became a part of giving back or actively giving back what was so freely given to me. There is always something new happening, in every service position, to carry the message.

Recently, I was given the opportunity to travel to the Red Road Convention in Albuquerque, NM. It took a lot of members and about 9 years, but finally, the translated Navajo Big Book is available. It was a once in a lifetime opportunity watching the General Service Manager present the first Navajo (audio) translated Big Book to the Navajo Nation President. WOW!!!! One memory, among many, I will forever cherish.

Words do not adequately express the feeling of gratitude I have every time I think of what this program and the Three Legacies, has given me. Whatever I do in return, seems to enrich my life beyond my wildest dreams. The promises are being fulfilled and my life has been rocketed into the fourth dimension. WE do together what WE can't do alone. In love and gratitude,  
Treesa J.,  
Area 69 Literature Committee  
Standing Chair

## **Upcoming Area 69 Fall (Election) Assembly September 21-23, 2018**

### **"Area 69 Election Assembly: General Service Opportunities"**

The articles in this newsletter are but some of the Area 69 General Service Structure positions that will be filled by election at the Area Fall Assembly in September. If you'd like to be of service in Area 69 (UT), or, if you are just interested in being a part of this amazing process, please join us at this wonderful and exciting event!

The Panel 69, Area 69 General Service opportunities/positions are as follows:

#### **Area 69 Officers**

Delegate  
Alternate Delegate  
Area Chair  
Secretary  
Treasurer  
Registrar

#### **Area 69 Standing Committee Chairs**

Agenda/Assembly  
Archives  
Communications  
CPC  
Corrections  
A.A. Grapevine  
Literature  
Public Information  
Treatment

## “Regional and Local Forums”

Regional Forums originated in 1975 at the suggestion of Dr. Jack Norris, then Chair of the General Service Board of Alcoholics Anonymous. They were to be weekend sharing and informational sessions designed to help the General Service Board, A.A. World Services, Inc., the Grapevine Corporate Board, the Grapevine Staff, and the General Service Office Staff stay in touch with A.A. members, trusted servants and newcomers to service throughout the A.A. service structure.



### 2018 PACIFIC REGIONAL FORUM

**Double Tree by Hilton San Jose**  
2050 Gateway Place San Jose,  
California 95110 (408)453-4000

Friday: 6:30pm - 10pm  
Saturday: 9am - 9:45pm  
Sunday: 9am - 12pm  
September 7 - 9, 2018

**Group Code: CDTPRF**

**Room rates:** Standard king/standard double queen: \$160.00 plus taxes Standard king/standard double queen on Club Level: \$190.00 plus taxes There is no charge to attend Regional Forums. Please pre-

register to support GSO with event preparation. You can always register on-site. To Pre-register online, go to:

**[www.aa.org](http://www.aa.org)**

All who register will receive a Final Forum Report.

**FRIDAY** 2:00 - close

Registration 6:30-6:45 pm First

Timer Orientation 7:00-8:30 pm

Opening Session 8:30-8:45 pm

Break 8:45-9:15 pm Video 9:15-

10:00 pm General Sharing

**SATURDAY** 9:00am - close

Registration 9:00-10:00 am A.A.

Grapevine 10:00-10:15 am

Break 10:15-11:00 am General

Sharing 11:00-12:00 pm

Delegates' Presentations 12:00-

1:30 pm Lunch\* 1:30-2:30 pm

G.S.O. Presentations

**SATURDAY (Continued)** 2:30-

3:15 pm Ask-It Basket 3:15-3:30

pm Break 3:30-4:00 pm

Finance Presentation 4:00-5:00

pm General Sharing 5:00-7:00

pm Dinner\* 7:00-8:15 pm

Workshops 8:15-8:30 pm Break

8:30-9:45 pm Workshops

**SUNDAY** 9:00 - 10:00 am

General Sharing 10:00-10:30 am

First Timer Sharing 10:30-10:45

am Break 10:45-11:30 am Past

Trustees' Sharing 11:30- Noon

Closing Remarks

\*Meals are on your own

2018 Pacific Regional Forum

*Ask your local Area Delegate for a flyer, or download and print flyers from the GSO website under the “Local and Regional Forums” tab.*

For additional information on Area 69 service position qualifications, responsibilities and duties, please review the “Area 69 Guidelines”.

The guidelines are also available on the Area 69 website:

**[www.utahaa.org](http://www.utahaa.org)**

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