

# Area 69 News & Notes

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September 20, 2013

One of my favorite pieces of AA literature, the pamphlet Questions and Answers on Sponsorship begins,

“Alcoholics Anonymous began with sponsorship. When Bill W., only a few months sober, was stricken with a powerful urge to drink, this thought came to him: “You need another alcoholic to talk to. You need another alcoholic just as much as he needs you!”

When I arrived at the jumping off point, needing another alcoholic was the last thing on my mind. Not taking another drink was what I was thinking about, and how to accomplish that. I knew you had a book that explained how to do that, and I showed up hoping I could get a copy, go home, study it and I’d be good to go. I was not prepared for what happened. In reading that book, I discovered I needed an interpreter. I had no idea how to implement the instructions I read, and at times didn’t realize I was reading instructions.

Through the kindness of a woman who was a stranger to me, I was led through the steps of Alcoholics Anonymous, and my life changed. I was able to stop drinking. I was able

to see myself in an open, honest way without falling into self-pity or depression. I was shown how to work with others by being a sponsee.

I had just finished reading the Big Book with my sponsor and had completed the steps. I didn’t know what was supposed to happen next.

Around this time there was a new woman at my home group who came late, sat in the back, never shared and left early. But she came every day. I was a little afraid of her, she looked a little rough. She came up to me after a meeting with her arms crossed and looked like she was going to tell me how wrong my sharing was. Instead, she said in a low growl, “Do you sponsor?” I’m sure I looked as idiotic as I felt and said, “I don’t know, let me ask my sponsor.” I rushed to my sponsor and told her what happened. I expected her to say, “No, you’re not ready yet,” but what she said in her most excited voice was “Yes!!! That’s perfect!!!” I said, “You don’t understand, I’m not ready yet!” She said “Never mind, just read the book with her, just do what we do.” That was the best advice I got about sponsoring.

It was the beginning of a grand adventure, an education better than any university could provide. The education I’ve received by being available to work with people has been enriching, profound, varied, frustrating, heartbreaking and always worth it. I’ve stayed sober. The pamphlet mentioned above says:

“In A.A., sponsor and sponsored meet as equals, just as Bill and Dr. Bob did. Essentially, the process of sponsorship is this: An alcoholic who has made some progress in the recovery program shares that experience on a continuous, individual basis with another alcoholic who is attempting to attain or maintain sobriety through A.A.”

I get to have a new experience with our program every time I take someone through the steps. I learn something new and real about myself, with depth and weight.

I sometimes get concerned about the state of our program, that our message is becoming dilute through lack of singleness of purpose, or that we are not self-supporting, or that there is no interest in the structure of AA. My sponsor told me early on that we are here so long as god needs us, we’re not in charge, and that the best we can do for the program is to pass on what we have learned to our sponsees. If I am diligent about my own activity in AA, hopefully, those I work with will be diligent as well, and the program of Alcoholics Anonymous will be around for us and those yet to come.

Wendy W.



## Sponsorship

**Pacific Region Alcoholics Anonymous Service Assembly (PRAASA) 2015 Progress Report**

**Eighteen short months from now our area will be hosting members from throughout the Pacific Region for PRAASA. The dates for PRAASA 2015 are March 6 - 8, 2015. Your PRAASA 2015 committee has had a couple of planning meetings and this last spring a few of us met with the Conference Center staff during final negotiations of our contract. The Davis Conference Center in Layton, Utah is the host facility and just last month members of our local committee paid initial deposits and signed contracts with the Davis Conference Center and hotels to secure our meeting space and lodging.**

**I have talked with Alicia H. from San Diego about Spanish translators and Bob from Idaho about providing taping services for PRAASA 2015.**

**We have sixteen happy and dedicated trusted servants on our committee and they are:**

**Andy B. District 10 PRAASA 2015 Alternate Chair**

**Carlos G. District 12 Spanish Translation Chair**

**Charlie G. District 1 Archives Chair**

**Doug R. District 2 Web Page Chair**

**Gary J. District 11 Alternate Facilities Chair**

**Jodi E. District 2 Food and Beverage / Hospitality Chair**

**Keith M. District 9 Program Chair**

**Lance H. District 11 Facilities Chair**

**LeAnn L. District 10**

**Public Information Chair**

**Mickey H. District 3 Treasurer**

**Mike O. District 10 Alternate Treasurer**

**Monte S. District 1**

**PRAASA 2015 Chair**

**Rachael F. District 10**

**Alternate Registration Chair**

**Sheryl T. District 10**

**Alternate Program Chair**

**Treesa J. District 7 Registration Chair**

**Wendy W. District 10 Secretary**

**See you all during PRAASA 2014 in San Diego California, Monte S.**

## WRAASA 2013

Sunday June 2, 2013

Regina, Saskatchewan Canada

Thank you Irma and the WRAASA (Western Region Alcoholics Anonymous Service Assembly) host committee for this extraordinary opportunity to participate. I have been asked to share with you today in 15 minutes or less about the A.A. Triangle, my journey in service, and Pacific Regional Alcoholics Anonymous Service Assembly aka PRAASA. "What an order, I can't go through with it!" "Do not be discouraged", the rehearsal came in at 14 minutes.

I'm an alcoholic, my name is Monte. My sobriety date is May 13, 1989; my home group is Sunday Morning Serenity in Ogden, Utah and my current service position is secretary/treasurer for our home group. I am a 24 year subscriber to The Grapevine. I am a panel 59, Utah Area 69, past delegate and being from Utah I want to clear up some misinformation about polygamy. "You do not have to be a polygamist to have one spouse too many." I bring you love from your brothers and sisters in Utah and from the Pacific Region.

The Triangle

Recovery, Unity and Service are the 3 legacies left to us by the co-founders and make up the three equal sides of the triangle inside the circle and triangle logo which has been an identifying mark used on our literature, meeting notices and in some cases bumper stickers since it was first adopted. (In part, it was the miss use within the Fellowship that led to the Conference action to discontinue use of the logo on conference approved literature.) In order for our future to be as hope filled as our past, The Triangle reminds us it is our responsibility to pass on to those who follow all three of these inherited gifts of A.A. experience in the same pristine condition in which were given them. The circle reminds us to pass on our heritage with love.

The base of our triangle represents the legacy of recovery as expressed through the 12 Steps of Alcoholics Anonymous which are usually studied and learned about in our book Alcoholics Anonymous often with a sponsor one on one. We share about our experience with the 12 Steps in our meetings, during workshops and during 12 Step calls. Practice of the 12 Steps of Alcoholics Anonymous is the basis for our individual recoveries from alcoholism and resulting sober lives.

The left side of our triangle represents Unity through the 12 Traditions of Alcoholics Anonymous. The 12 Traditions are also studied in our Home Groups and referred to amongst our Trusted Servants when trying to solve problems of money, property and prestige. Our Home Groups, Districts and Areas are the practice fields for these principles. Our book the Twelve Steps and

Twelve Traditions is our tool for learning more about the spiritual values of Unity and ego reduction for the greater good.

The right side of the triangle represents Service; both service in general and general service. Like a hand in a glove, General Service and Service in General are the ideals by which we carry our message of love and hope. Our book The A.A. Service Manual and Twelve Concepts for World Service is our guide for learning about how to practice the principles of General Service in all our worldly affairs. Service is an action word for love. Service is how meeting rooms are opened, 12 Step calls begin, GSR's, Standing Chairs & Delegates are elected and The General Service Office shares our collective experience world-wide.

Our guiding spiritual principles simply stated;

The Twelve Steps of Alcoholics Anonymous are how we begin recovery.

The Twelve Traditions of Alcoholics Anonymous are how we maintain Unity

The Twelve Concepts for World Service are how we share our message

worldwide and grow.

My Journey in Service

The minute I joined a home group in A.A. the three sides of my Triangle started to even out. My first Home Group was the Saturday Night Campfire Group and as the name indicates we met on Saturday nights around a campfire. Early on I volunteered to be the group literature chair which meant I had to be at the meeting early enough to set out the literature rack and display. Because of my selfishness this job was an opportunity to smuggle pamphlets and other A.A. literature home to read without having to pay for them... The lessons I learned while reading the "borrowed" literature helped screw up my drinking career and change my life. The group eventually elected me to serve as GSR, which meant I was secretary, treasurer, standing committee representative, coffee maker, ad infinitum. It is where I started to learn how to say NO! Before becoming GSR I showed up at a district meeting and found myself volunteering to serve as Public Information standing chair. My A.A. world grew and my skin started, ever so slightly, to thicken. Eventually I was elected as a District Committee Member where I started sharpening my cheerleader skills for GSR's and my next two year commitment I served as DCM chair for our district. At the area I was elected as the Treatment Facilities Standing Chair and became interested in saving the world through treatment and earned a promotion at work as a result. I served the area for 3 years helping districts plan and host area workshops and assemblies. The exposure to the members of our area who are

doing the work in the field helped get me drawn out of the hat to serve as alternate delegate. In 2008 I was elected delegate for Area 69 and in 2009/2010 I met Irma, Cate, Darryl, Scott, Vic, JoAnne, Marty, Leonard, Linda, Pam, Alex, Evelyn and so many others from the Provinces of Canada.

In 1989 I traded a lawn chair in our garage where I would drink in isolation, for a chair on this podium today amongst all of you. Trying to repay the debt I owe to A.A. through service has only made the debt bigger. With every service opportunity in A.A. comes more responsibility, more opportunity, more personal growth and more friends in our Fellowship. My best friend today is my spouse, Shelleice. Thanks to this program we celebrated 29 years of marriage last Monday.

#### PRAASA

Lastly I have been asked to share a little about the Pacific Region Alcoholics Anonymous Service Assembly. Since 1991 I have been to 22 PRAASA's and last year I was elected to serve as Chairman for PRAASA 2015 which will be held in Layton, Utah - March 6,7,8 2015. Started in 1968, the first was held in Fresno, California and was called the Western General Service Assembly - the name was changed in 1970 to PRAASA. PRAASA is held annually the first weekend each March that includes a Friday prior to the General Service Conference. The location rotates amongst the 15 areas in the Pacific Region. During the extended 2013 PRAASA business meeting the host area selection process was changed. Instead of host locations being selected by bid, starting in 2017 the host area will be by fixed rotation.

Pacific Region Alcoholic Anonymous Service Assembly's are nonvoting assemblies that begin on Friday afternoon and end on Sunday. The only voting items are for issues relating to PRAASA guidelines or PRAASA administration. PRAASA agenda's include panel presentations by members about Recovery, Unity & Service; General Service Conference agenda items, themes and presentation/discussion topics. There is, like the WRAASA, lots of open microphone time and the comments from the floor are thought provoking and sometimes controversial. On Friday and Saturday nights PRAASA traditionally holds roundtables that begin around 8 or 9 pm and go until 10 or 11pm. Part of the challenge for host committees is finding facilities with enough breakout rooms for the roundtables. This year in Boise, Idaho just over 1,000 attendees had the choice of 20 roundtables to sit in on including GSR's, DCM's, standing committee chairs, newsletter, webservant and Spanish translations, to name a few. Often called Alcoholics Anonymous University, PRAASA is where people gather to learn about recovery, unity and service in addition to shared experience about their respective service positions through panels, roundtables and hallway encounters. PRAASA is where I go to learn what A.A. is and

what A.A. isn't. It is the opportunity for me to recharge my service battery and to relearn that I am not alone. PRAASA is helpful for delegates to become a little more informed about some of the conference agenda items. Over the years the B.C. Yukon delegates and other Canadian attendees have shared their experiences with the Pacific Region about carrying the A.A. message to remote communities in ways that we could not have otherwise imagined.

Here are a few highlights from past PRAASA's as compiled by Josh S. for PRAASA 2012 Bellevue, WA.

There have been 45 PRAASA's and the 1st Western General Service Assembly was in 1968 in Fresno, Calif.-

In a resolution from the 1st meeting which has since been amended and adopted as the PRAASA guidelines, a method for selecting trusted servants was outlined.

The same resolution states that the assembly is never to be glamorized (no dances, banquets, etc.), that unity, service, and recovery the theme, and that service always be stressed.

3rd PRAASA Phoenix, Arizona April 10 -12 1970

The Saturday night banquet was the first of its kind at PRAASA.

Some of the topics discussed were: "Rehabs and their relation to AA", "Should we be concerned about pills?", and "Medication and AA".

#11 PRAASA Honolulu, Hawaii March 3 -5 1978

First PRAASA to be held in Hawaii! In response to GSO's concern that the Grapevine was in trouble, the literature table was replaced with a Grapevine display.

#13 PRAASA Anaheim, California February 29- March, 2 1980

The committee decided to have coffee available only during breaks. This received a large amount of negative feedback. Due to financial concerns, 60 cents per cup was charged for the coffee to make up a deficit that never existed. As a result there was a profit of \$1,720 which was forwarded to GSO.

#20 PRAASA Sacramento, California March 6 -8 1987

This was the first PRAASA to feature "Round Tables" which have become an

enduring feature of the assembly.

#28 PRAASA Tacoma, Washington March 3 -5 1995

For the first time the BC-Yukon Delegate was officially invited to participate in the program.

Subjects at the assembly adhered strictly to the topics that were explicitly in the conference agenda or that were implied in it. This is credited as one of the reasons for this PRAASA's success.

#31 PRAASA Boise, Idaho March 6 -8 1998

Some of the topics addressed were interpreters for the deaf and how to best manage the cost associated with it, and distributions of the excess funds generated during PRAASA.

#34 PRAASA Spokane, Washington March 2 -4 2001

There was a motion presented at the business meeting that the PRAASA guidelines be amended to include a new provision regarding Spanish translators. The motion suggests that the host committee should plan on providing professional translators for the assemblies. The motion was discussed and passed.

There is more information about PRAASA history if you GOOGLE - PRAASA History. It is interesting to read about the earliest of these types of regional service assemblies.

Thank you again for this extraordinary opportunity. Hope to see you all in San Diego for PRAASA 2014 and again at another WRAASA.

I am an alcoholic and my name is Monte





When I came into the rooms of Alcoholics Anonymous I'd had finally had enough of the life I was living, if you could call it living. I was beaten down, self worth was nonexistent, my sole was dark and my heart cold. I was desperate and affraid. However, I could not tell you what I was afraid of. I was hopeless and alone. I could not imagine living another day like that.

Today, through Alcoholics Anonymous I have the gift of sobriety. It is truly a gift from a power greater than myself. In the first step I've learned just how powerless I am over alcohol.

Today I have a solution. The solution to my powerlessness is in the steps. I work the steps with my sponsor. I pray for a new perspective and acceptance. I look at my part, clear my side of the street, and help others.

The serenity pray is a great reminder that I have no control over any person, place or thing. When I think I have the power to change such things, my thinking is crazy and unmanageability returns. Hence, I am not in the solution. When I am in the solution I have a life beyond my wildest dreams. I am grateful for the life, my higher power and for Alcoholics Anonymous. I have a daily relief from Alcohols and life beyond my wildest dreams.

Thanks AA. It doesn't get much better than this.

Anonymous in Salt Lake City

## I Love Alcoholics Anonymous

I had the privilege of attending the 2013 PRAASA hosted by Idaho Area 18. The event was held at the Boise Convention Center in Boise, ID on March 1-3. This was my third PRAASA. The first PRAASA was kind of a blur. There is so much to hear and see, so many people, so much excitement. And, well, the first PRAASA was in Honolulu after all. The second PRAASA was like a mission. I spent the weekend looking for answers to specific questions. Of course, a lot of other stuff leaked in too. At this PRAASA I felt more like an observer, there to listen and learn, follow the wind. I had no agenda hopefully more open to hearing and seeing the whole event. And boy, is it big! How anyone can keep up with all the delegates, trustees, GSR's, interested AAs, guidelines, motions, roundtables, business meetings, cups of coffee, and a breakfast sandwich is a mystery. Even though this PRAASA was more comfortable it was also more overwhelming. What an incredible event filled with amazing people!

The message of service is prominent. We heard about service to our fellow AA when someone shared that there are those who care more about our growth in sobriety than our feelings. We heard about service to those in service when Madeline B shared that it's not about how much we get done rather it is about how we treat each. We heard about service to the fellowship and AA as a whole when Julian R shared that general service is the process of linking the AA member with the General Service Conference. We heard about service in general

when someone shared about the AA Service Manual page S1, "Hence, an A.A. service is anything whatever that helps us reach a fellow sufferer – ranging all the way from the Twelfth Step itself to a ten-cent phone call and a cup of coffee, and to A.A.'s General Service Office for national and international action. The sum total of all these services is our Third Legacy of Service." And we heard about humility in service when Madeline B shared that we're just the jackass who gets to carry the message.

"I Love Alcoholics Anonymous!" was echoed throughout the weekend. Alcoholics Anonymous saved my life. Before finding A.A. I was a selfish hate filled loner. A.A. helped me learn how to stay sober one day at a time. And when I am sober I become useful. A.A. taught me how to be of service to others. Today service in A.A. fills my life and fills my soul. Because of A.A. service I am part of a home group, an intergroup, an area, a region, and the fellowship of Alcoholics Anonymous. As someone else said, AA service hasn't just changed my life, it has changed my DNA.

Beginning in 2011, there has been an orientation hosted by Greg M an hour before PRAASA starts. This is a great way for new and old to start the event. I have been blessed to attend all three PRAASA orientations and plan to attend these early sessions for as long as they continue. Even though Greg probably repeats most of his sharing, we get to hear something new as we mature in sobriety and service. And his ideas apply to any AA

service event – read through all of the registration material including the minutes and, sigh, the guidelines – balance is the key, remember HALT, and go easy on the coffee because you can miss a lot of sharing on those infinite trips to the wash room – ask questions, ask your neighbor, ask a speaker, ask at the microphone.

On Friday night there was a round-table called Technology as Service. Two members of an AAWS Ad-hoc Committee on Technology are visiting regional forums to ask us to share about our experiences using technology to carry the message. We discussed three topics, what are our current service challenges with technology in use, what needs could technology provide a solution, and should we have a national technical conference (with a lot of hands on stuff similar to the annual archives conference). For the question “what are our current service challenges with technology in use” we heard concerns about security and access control on the various intergroup, district, and area web sites. Some districts cannot post any business material such as minutes, motions, agenda topics, etc. Some areas have password protected web portals for this information. We heard questions about guidelines for web sites especially asking for sharing from other intergroups, districts, and areas. We heard concerns about losing young people by not providing our message in more current technology. For the question “what needs could technology provide a solution” we heard about sharing conference background material in the cloud – every GSR in one area has access to the conference background material. We heard that you can subscribe to have Box 4-5-9 sent to your e-mail for free. You can also register for About A.A. a newsletter for non-A.A. professionals and Markings a newsletter of the G.S.O Archives. Go to [dds.aaws.org](http://dds.aaws.org) to register for e-mail newsletters from GSO. For the question “should we have a national technical conference” the response was overwhelming positive. The hope

would be to bring everyone in service together for a weekend to discuss Technology as Service. There was concern about the cost; would areas be willing to pay for a committee member to attend each year? Someone suggested an online forum. There have been e-mail discussions about an online technology in A.A. forum. At the moment I am subscribed to an A.A. technology list server but the initial enthusiasm has dwindled and activity almost stopped. Another idea was to piggy back a technology conference on other events. On Saturday we had the Literature round-table. Discussion was mainly focused on conference agenda items and included a lot of diverse questions and sharing. Area 72 had the idea to publish a 12x12x12 – 12 Steps and 12 Traditions as we have along with the 12 Concepts from the Service Manual. A proposal could reach the Trustees Literature Committee this year and may be a conference agenda item next year. Another area talked about hosting literature workshops with panelists sharing about different pieces of AA literature. This sounds very exciting. I hope the Literature Committee can talk about putting on an Area 69 Literature Workshop. We all learned that anyone can download any of our literature as a PDF from [aa.org](http://aa.org). You cannot copy, edit, or print from the PDF but you can have it on your computer or smartphone to read. I have already downloaded the Big Book, the 12x12, the Service Manual, and a number of pamphlets.

Thank you Area 69 for helping me to attend PRAASA. Thank you for my sanity and my sobriety. Thank you for letting me be of service.

Kurt J  
Area 69 / Panel 63  
Literature Committee Chair



My name is Wade J. I am an alcoholic. As I think about sponsorship I can't help but smile as I think about the wonderful sponsor I have and how important a role he has been to me in where I am today. I have been in General service for 12.5 years. I have held several positions and there was a time that I wasn't serving in the capacity that the position required and as I thought about stepping down as all major decisions that I make I talked with my Sponsor about my stepping down it was brought to my attention from this man the difference that he sees when I am in service and when I am not, I didn't know at that time what a big part of my life Service was, after a loving discussion it was made clear to me that I needed to fulfill my commitment. I am so great full to him 10 years later and a host of friends made from General Service, I shudder to think of how different my life might have been if it wasn't for the Sponsor I have.

# Sponsorship

Thank you Area 69, for Sponsoring this trusted servant. Have spent the last 24 years in General Service and have watched and learned from everyone who has been involved with service in our Area and those who have visited our Area, from the greeter, coffee maker to Pacific Regional Trustee and everyone else in between.

Would like to share with you a little on the two types of Sponsorship we get to enjoy, Program Sponsorship and Service Sponsorship as they appear to be very closely related, at least that has been my experience.

One of my first personal sponsors showed me (not told me) that The way we live our life sober is a reflection of how we are sponsored. That by losing yourself in the service to others without any expectation in return, is one of the most wonderful was to practice what Dr. Bob told us in his last message, "That we know what Love & Service is "Our Twelve Steps, when simmered down to the last resolve themselves into the words "love" and "service." We understand what love is, and we understand what service is. So let's bear those two things in mind." He also showed me that sometimes it is more important to learn what not to do as it is what to do... This first sponsorship relationship was a very important part of my General Service introduction and has led me to a pathway that still today is very rich & rewarding and has taught me that there are no final destinations in service, that we are each living examples of our program, all three legacies Recovery, Unity and can help one another through Service. Thank goodness the spirit of sacrifice is still alive and well here in the Utah Area by all of us that serve. My sponsor is this example that I seek and continues on today allowing me to observe his actions in service & grow to the degree I am willing to get out of my own way and to think of what I can do for others.

He also asked me a few questions before he said yes when I approached him for sponsorship. He said for us to have this kind of relationship I would have to be willing to go to any length (the word any here does not need definition) & that whatever I found here I would have to give it away for free & for fun as long as I was granted time here. You see, I have been on borrowed time ever since I stepped foot into my first meeting so this was a very unfamiliar territory we were embarking upon, and was not really sure at that time where it would lead.

Another of the things that impressed me the most, was that he asked me to come along, he asked me to go with him to meetings, service events and even things in the community outside of our A. A. world. This was really important to me because no one had asked to join them in a really long time as I had burned nearly every bridge possible especially in the human relations department.

This posed a very different outlook for me as being the selfish & self-centered person I had become. Back then I thought, how odd it was to think of others first and invite this new found manager of my life to guide and direct my thinking in this relationship with my sponsor. This was fortunate as my program sponsor was also very involved in General Service & showed me by his example what service in general was also. Now don't get me wrong... I still have a very UN-healthy concern for myself as that is why I still need lots of meetings (including service meetings) so as to keep in check and to strive from progress in this journey down the road of happy destiny in Service.

Seems like once you have a sponsor & have been a sponsor, your circle becomes complete. It never ceases to amaze me how many people sponsor me by there actions. Every experience that I have gone through is necessary to learn to be a sponsor & to enable me to be sponsored.

One of the most enjoyable aspects of Service sponsorship is attending Regional events like PRAASA's & Forums. These are choice opportunities to be sponsored by the trusted servants from our Region & even from GSO in New York. One of my current Service sponsors a past delegate from Western Washington Area My service Sponsor & I have had a great Friendship also since 1991 when we met at a PRAASA and each year we try to get together and share what has gone on since we last met. This is an aspect of sponsorship that I never imagined. I guess this what all those Old Timers were talking about when I first arrived. That it just keeps getting better if we keep coming back, Clean House, trust in a Higher Power & work with others, the 12 Step service, that is what has been keeping this fellowship going since the beginning...

It has also been very true for me that when I have had difficult times, as we always do, that our Sponsees help us more than we help them. I believe this is one Paradox in sponsorship. Recently my Fathers health has been ailing & some Sponsors & Sponsees have been there to help share their experience strength & hope with similar situations. I just can't put into words how much this has helped me to know that there are other people close to me that know what it feels like to go through this, that it will work out no matter what happens. The Love and Service from others has helped Sponsor me through thick and thin, as one of my other sponsors says "That the only thing worse for an alcoholic than bad news is good news." When I first heard this I was baffled, but I think the message is that we are learning through sponsorship to live sober one day at a time. That we can't do it on our own without the help from others & our Higher power.

One of my favorite stories from our book is the Professor & the Paradox (in our 2nd edition), In the Story he states, "That You have to give it away to keep it", "You have to surrender to win", "You have to suffer to get well" & "You have to die to live". Each one of these tells me I can't figure this thing out in my head or by myself. That is why your help & Sponsorship is needed especially the next

new-comer if I expect to live & grow in this program. This is the way my Higher Power speaks to me personally, Have really been drawn to the people doing service work and Service sponsoring but have had the privilege to meet some of the most wonderful & Loving people you would ever want to meet through sponsorship & especially Service sponsorship.

In our Home group, we don't give chips we give literature because that is where the message is of Alcoholics Anonymous. One of my favorite pamphlets is "Questions and Answers on sponsorship. Every time someone asks for Sponsorship I hand them one of these & find that I need to read it as well.

One excerpt I love: Is there any one best way of sponsoring a newcomer? The answer is no. All members are free to approach sponsorship as their own individual experiences and personalities may suggest. Some sponsors adopt a more or less brusque, "Take it or leave it" approach in dealing with newcomers. Others exhibit extreme patience and great personal interest in the people they sponsor. Still others are somewhat casual, content to let the new person take the initiative in asking questions or seeking help in special situations. Each approach is sometimes successful and sometimes fails. The sponsor has to decide which to try in a particular case. The experienced sponsor recognizes the importance of flexibility in working with newcomers, does not rely on a single approach, and may try a number of different approaches with the same person.

How can a sponsor explain the A.A. Program? Sponsors will want to explain A.A. in the manner that each finds most natural and most likely to be clear to the newcomer at hand.

Some sponsors find that reminding the newcomer of the First Step — that they are powerless

over alcohol and that their lives had become unmanageable — is key to a successful recovery.

Many sponsors make it a point to emphasize that together they can do what they could not

do alone — stay away from the first drink. These sponsors remind the newcomer that A.A. offers a practical program, and that it has already helped more than two million men and women. They suggest the need for open mindedness in facing alcoholism as a personal problem, and they underscore the fact that it is up to the newcomer alone to decide whether he or she is an alcoholic and whether A.A. can help. Nearly all members who work with newcomers look upon the A.A. program in terms of their own 16 experience. They tell the new person that no one speaks for A.A. and that every member is perfectly free to arrive at an individual understanding of the program.

Some sponsors talk about the program in a more spiritual way than others do. But nearly all call attention to the source of strength to be found in "a Power greater than ourselves." Again, the sponsor points out, it is up to the newcomer to determine what that A.A. phrase means. It expresses an idea that people of many faiths — or of no particular faith — can and do accept with complete harmony".

On a final note, a quote from Dr. Bob's last message of Sponsorship to each of us, a part of our spiritual inheritance....

And one more thing. None of us would be here today if somebody hadn't taken time to explain things to us, to give us a little pat on the back, to take us to a meeting or two, to do numerous little kind and thoughtful acts in our behalf. So let us never get such a degree of smug complacency that we're not willing to extend, or attempt to extend, to our less fortunate brothers that help which has been so beneficial to us."

From a very Grateful trusted servant,

Charlie G.



## Answering the Call

I am responsible. When anyone anywhere, reaches out for help, I want the hand of AA always to be there. And for that; I am responsible.

My name is Kurt J and I'm an alcoholic. I have the privilege of serving as the Cache Valley Intergroup Webmaster. Cache Valley Intergroup recently switched their AA phone answering service to use Google Voice. On describing this during the monthly Intergroup/ Central Office phone call, some members expressed excitement and suggested that we share our story in the hope that others may find it useful.

Some years ago, phone calls to AA in Cache Valley went to an answering service contracted by Ogden Central Office. Almost 20 years ago the one AA group in Cache Valley setup a phone answering service in order to better serve local alcoholics. Callers heard a message which included a list of meetings followed by the option to record a message. A pager was signaled after a recording was left. A volunteer, carrying the pager, would listen to the message then respond accordingly.

The Cache Valley Intergroup was formed 15 years ago. The Cache Valley Intergroup took over the pager and started working with volunteers to "answer the phone".

Just a few years ago, the Cache Valley Intergroup changed the phone service to a cell phone. At first, calls came through the pager pro-

vider so that the phone number remained the same. But this system was confusing to callers and volunteers alike. Since the number was owned by the provider, Cache Valley Intergroup decided to buy a non-contract phone and change to a new phone number.

This change brought new problems. The cheapest cell phone still costs \$30 a month, \$360 a year. This cost doubled the Cache Valley Intergroup's monthly obligation (the pager also costs \$30 a month). For volunteers, if you already own a cell phone, now you are carrying two. This is clumsy at best and includes having to carry another charger and try to figure out how to run a new phone. Some of us are not real tech savvy. And, even though the cell phone did not have a contract, cell phone companies require an account. The Cache Valley Intergroup could not setup an account. A volunteer was found and a cell phone account was established in their name. Uh huh, not a good idea. After a couple of rotations, a couple of dead cell phones, and a couple of frustrating adventures tracking down the account "owner", the Cache Valley Intergroup was ready for a new solution.

On the first of June, the Cache Valley AA phone number was ported to Google Voice. Google Voice lets the Cache Valley Intergroup forward calls to any phone. This allows anyone with a cell phone to "carry the phone". About once a week a new phone

number is entered into the online account and calls are forwarded to another volunteer. When calls are received, the caller ID is set to the Cache Valley AA phone number. In this way, the volunteer knows that it is an AA call and can answer appropriately. Should a call be missed, a text is sent to the volunteer with the phone number. The caller will hear the Google Voice message, not the message from the volunteer's phone, and recordings are stored online. The caller never knows anything about the volunteer except a voice. When returning a missed call, the volunteer can optionally enter \*67 then the number to prevent their call ID from being sent. When using \*67 the call ID is "Anonymous" which is rather appropriate.

Another feature is that all incoming calls, texts, and voice messages are logged. One of the problems of an all-volunteer army is that sometimes the volunteers don't. If someone suddenly stops volunteering we want to find another volunteer as soon as possible. This is not big brother; the Cache Valley Intergroup simply wants to ensure that when someone calls someone answers.

As with any change, there have been questions, problems, and growing pains. For example, after the first month, administration was transferred to a distinctly non-tech standing chair. After some lengthy phone calls, emails, and texts, our Public Information standing chair is now in charge of the new phone

system. We anticipate more learning and growing in the near future as Cache Valley Intergroup rotation takes place in January.

Nothing is perfect and the same holds here. Each forwarded phone number must be entered into the Cache Valley Intergroup's online account and verified with a phone call. We were hoping to keep a database of phone numbers but the service is limited to only 6 numbers. Since each group in Cache Valley carries the phone for a month, and each group chooses who answers the phone, the list of volunteers changes constantly. Each week, we have to remove one number in order to add another.

So far the response from volunteers and administrators has been positive. The system seems to be working for us in Cache Valley. We are hoping Google Voice will work into the future. Recent history tells us that online capabilities will continue to expand and improve. Going online with the phone service the Cache Valley Intergroup may be able to take advantage of new capabilities as they become available. And free is our favorite cost.

We are happy to share our experience and expertise. Please address questions to [cachevalleyaa@gmail.com](mailto:cachevalleyaa@gmail.com).

In Love & Service,

Kurt



## Money and the Sober Alcoholic

When alcoholics talk about money, the discussions tend to get heated.

Over the years I have heard several loving discussions about spending AA funds. In the not so distant past, I was at my home group business meeting where we were discussing setting aside money so that the General Service Representative (GSR) could attend Area 69 events. Estimating high (e.g., Travel from northern Utah to southern Utah), the treasurer was amazed at the potential expense.

Some of the attendees began to question the need to spend money on the GSR travel. The members of the business meeting suggested that the GSR input from the Area was not important. Using the service manual as a reference, I explained the GSR relationship to the Trustees at GSO. My goal was to stress the important of the GSR; however, I sense that some did not understand or care.

There are other examples where the group spent money on stuff that was obviously not AA related (e.g., A group decided to help a new Al-Anon by donating money to the group.

I am grateful for the traditions that were created from the experience of our founders and the early AA groups.

Traditions 6, 7, and 8 speak directly to the issue of money.

**Tradition 6: *An AA group ought never endorse, finance or lend the AA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.***

**Tradition 7: *Every AA group ought to be fully self-supporting, declining outside contributions.***

**Traditions 8: *Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.***

Tradition 6 came about to explain that giving money to enterprises outside of AA prove to be a bad idea. The group that decided to give money to the Al Anon group was aware of this tradition and still chose to give the money to the Al Anon group.

This brings us to the other traditions that indirectly talks about money:

**Tradition 2: *For our group purpose there is but one ultimate authority...a loving God as He may express himself in our group conscience. Our leaders are but trusted servants... they do not govern.***

**Tradition 4: *Each group should be autonomous except in matters affecting other groups or AA as a whole.***

**Traditions 5: *Each group has but one primary purpose –to carry its message to the alcoholic who still suffers.***

Although Tradition 5 tells us that giving money to Al-Anon is wrong, Traditions 2 and 4 essentially say that each group has the right to be wrong. However, caution should be taken here. The traditions were created to ensure the survival of AA. So, disregarding the tradition can be detrimental to the survival of the group.

I have used Traditions 2 and 4 to say that it is none of my business what a group decides to do with their funds. However, I believe that when I see a group that is not following the traditions, it is my duty to tell them about the traditions and how to incorporate them.

In closing, I would recommend that the traditions should always be reference when discussing AA funds.

Walter C.

My name is Pete and I am an alcoholic. I have the privilege of serving Area 69 as the Corrections Committee Standing Chair. Area 69 was represented at the 23<sup>rd</sup> annual Bridging the Gap Workshop hosted by Area 20 District 22 in Schaumburg, Illinois.

There were 99 registered participants at this year's event. Many were local members representing Areas 20, 19 or 21 – all within driving distance of Chicago. Other members included Wisconsin, Massachusetts, Florida, Missouri, Iowa, Minnesota, California and Utah! The Pacific region was well represented with the many Areas of California involved and myself from Utah. Of particular importance this year was the great support by at least 7 Delegates and Steve S., a GSO Staff member currently assigned to the Treatment/ Special Needs and Loners International desk. Steve joined GSO in July and was immediately sent into this den of sobriety – daunting for sure except that he worked with the Minnesota Area in putting on the BTG Workshop last year in Minneapolis. He misfit right in.

Friday night generally serves as an introductory meeting and speaker meeting. It amazes me that I see so many of the same faces at this event year after year – but then I stop and think about it and there are probably many similar reports being written saying the same thing – probably something like 'And that guy from Utah was there again running up to the microphone and making some comment about this or that'.

Friday night is also the time for the report from GSO and Steve spoke about how GSO operates with alcoholics working alongside non-alcoholics. He spoke a lot about how GSO

practices the spirit of rotation and how everybody feels somewhat new at this time of year because they have a new service assignment. He also spoke about the method by which GSO handles the numerous calls from the groups. In short, they give examples but never give instructions or take sides. It was a very good session.

That's what I remember from Friday night, after catching a red-eye from Las Vegas and touring the architecture of Frank Lloyd Wright and the University of Chicago campus. What actually happened may have been totally different because I was one tired lad.

I naturally hooked up with many of the Pacific region folks, especially the Area 5 and Area 9 folks. One of the indefinable benefits from these events is the contacts built during the workshops. Everybody learns.

Saturday morning started with the Corrections panel that showcased the Drug Court effort taking place in the Chicago vicinity. Like many places around the country, Illinois is attempting to lower the population of its prisons by establishing programs that have non-violent offenders participate in a Drug Court program. The questions of Singleness of Purpose and affiliation were raised and it became apparent that some of our key literature for BTG lacks the common definition of Open and Closed meetings. I intend to make a motion that a Conference Agenda item be presented that rectifies this omission. All programs stressed 90 in 90.

Two excellent presentations were given by Chicago area Circuit Court Judges. The initial presentation was excellent and the judge heartily acknowledged the hope that the activity that AA gives to those who want it. The second judge

was a member of our program and almost immediately recited a number of instances that highlighted the leeway that the judicial system was willing to give to those who were willing. He also pointed out many instances that showed how strict the system can be when it is apparent that the inmate is not ready. Nobody can pull off the covers faster than another alcoholic and that was very apparent from this presentation.

During these two excellent presentations from two considerate judges, it struck me that, although the non-member judge was well-received and gave us some excellent encouragement and information – the judge that was a member of AA had an immediate and effective rapport with this audience that is only possible when one alcoholic shares with another. I think the first judge noticed it but I also think it did not offend him, but rather gave testimony to the fact that our programs effectiveness is built upon that instinctual bond between those afflicted.

The Treatment panel was vastly different and included 3 counselors from local recovery centers. All 3 presenters were also members of Alcoholics Anonymous. I think there was a level of uncomfortable acceptance toward the fact that our Singleness of Purpose was tested a bit by these programs. My thought was that there seemed to be as much talk about their programs as there was about the AA program. In the McHenry County program, the story was told of the patient who had been there 58 times but no one was giving up on him!

The final Treatment presenter, who was also a member, was excellent when pointing out that our Traditions must come first. He was adamant about passing the program on to the next alcoholic undiluted – just the way he had

received it.

#### The Delegates Panel.

One of the most enlightening portions of the workshop was the Delegates Panel. The Area 20 Delegate noted that there was excellent success in using Forums as a great way to integrate Bridge the Gap with GSO. I know that Area 69 used a Corrections Forum to help integrate the Kane County Corrections effort with Bridge the Gap.

The Area 7 Delegate was a huge advocate of the 'We' aspect of Bridge the Gap. Their efforts were centered on helping the prospect in transitioning into the group.

The Area 19 Delegate spoke of the differences between H and I and Treatment and Corrections. They concentrate their Corrections on Re-Entry and Treatment uses the terminology of Bridging the Gap. It is considered the same 12 Step work but it makes more sense to their Area to use these terms.

The Area 39 Delegate encouraged the Workshop to submit items, including Guidelines, to GSO and to concentrate on inserting Bridging the Gap into the consciousness of the Fellowship in this manner. Note: During the final meeting on Sunday, a motion was discussed and passed that the BTG Workshop submit the guidelines that we have to GSO. A second motion regarding submitting stories containing experience, strength and hope to GSO also. These will be available for GSO to use wherever they think appropriate. As we heard from Walter, Jan 15 is still the deadline this year but in 2015 the deadline will be moved up one month to

December 15.

The Area 64 Delegate also served as the Treatment Committee Chair at the Conference. He stressed that initiatives that come from the groups tend to get GSO moving. His emphasis on Singleness of Purpose was summed up by determining either you are pregnant or not, you can't be both.

The Area 75 Panel 53 Delegate stressed Singleness of Purpose. She also highlighted the need for follow-up while exhibiting no affiliation with the facility or institution.

An idea which was brought up involved using a follow-up coordinator to follow-up with the BTG volunteers rather than follow-up on prospects. Brilliant. Simple.

The late afternoon session involved presentations on improving or establishing communications through newsletters and web sites.

A presentation regarding AA and adolescents brought many comments from the microphone. The topic seemed to center upon guaranteeing their safety through background checks and safety in numbers.

One of the highlights of the afternoon was a Grapevine presentation that touched on all aspects of the Grapevine. The latest booklet 'No Matter What' was showcased. The low cost of \$2.75 a month was noted. I found it agreeable that the paper copy of the Grapevine was stressed as a tool that could be passed on to newcomers at each meeting.

Steve S. from GSO was the Saturday night speaker. His Minnesota

alcoholic roots were interesting.

Prior to the Saturday night speaker, bids were accepted for the 2015 site for Bridging the Gap Workshop. Area 93 combined with Area 5 to present a bid and, as you know, Area 69 presented a bid.

The Sunday morning business meeting is where the selection of the host Area is made. It was close but unanimous. Area 69 will host the 2015 (25<sup>th</sup> annual) National Bridging the Gap Workshop. In the end, it was the support from the Area that literally turned a trickle into a torrent of support for us to host this event. Thank you.

Pete G.



## Service in General or General Service

### “Who Needs It---and Does It Really Matter

I walked into my first A.A. meeting in January 1997 as the result of a family intervention to my drinking problem. The reality was that I had to embrace a new plan for living my life, or to die an inevitable alcoholic death. (Anyway---that is what my \$10,000.00 treatment center counselors and the all-inclusive little “blue book” that came along with that price tag, told me I must do if I wanted to stay alive.)

In that meeting, the thought never crossed my mind of how the meeting place came about, who made the coffee or refreshments, how the literature on the tables and in the racks got there, including those corny sayings that were hung on the walls---things like, “Easy Does It”, “Keep It Simple”, and “One Day at A Time”. I also didn't think twice about where the money went after I put it into the basket that was passed around. I was just there, feeling very scared, desperate, overwhelmed, and very much alone.

By beginning to work the 12 Steps with my A.A. sponsor I soon came to learn that, by nature, I am a very selfish, self-centered and self-serving person, and that my alcohol abuse over the years had intensified these characteristics into very distorted ways of thinking and living. In that little “blue book” aka, the “Big Book” of Alcoholics Anonymous, on page 62, it told me that--- “Above everything, we alcoholics must be rid of this selfishness. We must, or it kills us!” The Big Book also talks about the need to “level our

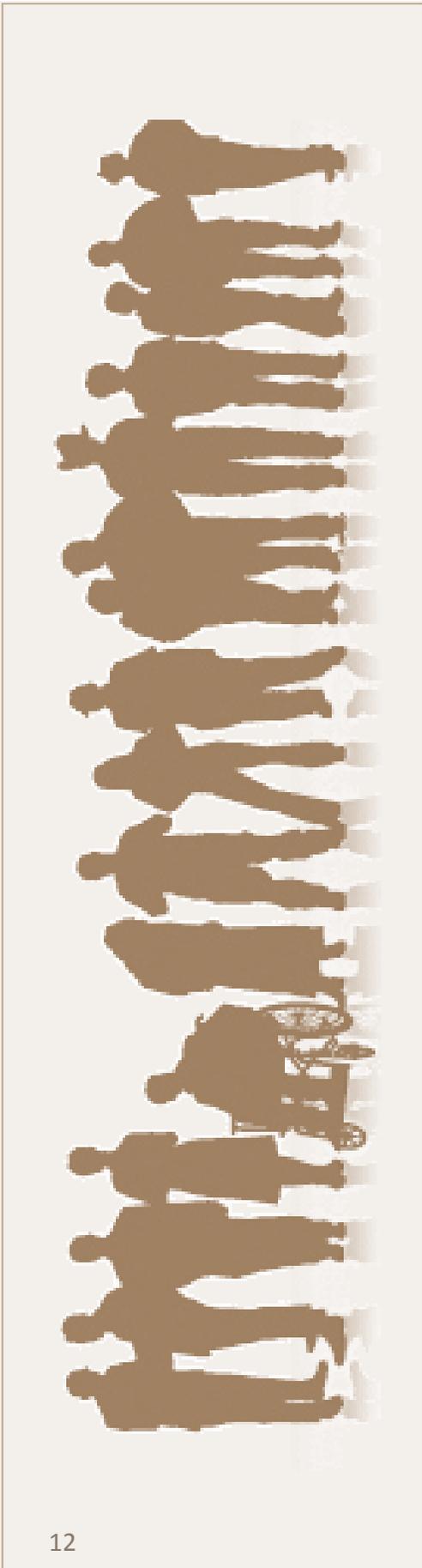
pride”, “smash our old ideas”, and “to become less interested in ourselves and more interested in the welfare of our fellows”.

After attending A.A. for a while, I slowly started to become aware of what was actually taking place “behind the scenes” that made the meeting even possible---things that are so important and vital to a “newcomers” chance at sobriety. The group's willingness to volunteer and commit to the responsibility of providing services week after week---someone to chair the meeting; a secretary to record and maintain the group's business; a treasurer to make sure the group's bills were paid and that the money in the basket was prudently used to further carry the message to the still suffering alcoholics; a GSR (Group Service Representative) to carry the group's voice and vote in A.A. matters; a Literature, Public Information (PI), Grapevine, and other committee chair persons' responsible for sharing important A.A. information; a coffee maker; a door greeter: someone to set the chairs up for the meeting, and others to help clean up afterward---these were the first examples of service in action. I eventually came to realize that this was the action that I needed to take in an effort to rid “myself from me”, through participating in service in general.

At about 4 years sober, and having exercised the spirit of rotation through several group service commitments, I started to feel some lagging in my personal recovery program.

For me, these activities had been about staying sober and growing up in A.A. So did this mean I was done growing? Was there more to A.A. than the meetings, fellowship, working with a sponsor, and home group services? (Interestingly, by this point I had never seriously been asked to sponsor anyone either, short of giving my phone number to a handful of women.) I began to fear that I would eventually drift away from A.A. I had heard members with lengths of sobriety share in meetings as newcomers what thoughts and actions, or lack there of, had proceeded their relapse. I knew I had to tweak something in my personal program. At that time, I was 7 months pregnant and desperate to hold on to my sobriety. I became a volunteer and began taking A.A. meetings to women in the state prison. What a spiritual and wonderful experience this was. It opened my eyes to the fact that there is always a job to do in A.A.! Through my involvement in corrections service, I was introduced to the General Service structure of Alcoholics Anonymous and learned of a whole new facet of serving the fellowship.

The purpose of our General Service Structure is to provide and maintain services to the A.A. groups in the U.S. and Canada, as well as worldwide services and support for those seeking A.A. experience. The General Service Office “serves as a clearinghouse and exchange point for the wealth of A.A. experience accumulated



over the years, coordinates a wide array of activities and services, and oversees the publication, all translation of, and distribution of A.A. Conference-approved literature and service materials". ---The A.A. Service Manual, Page S77

The more I became involved in General Service, the more I learned about the personal responsibilities of our membership to ensure that the hand of A.A. will always be there when the still suffering alcoholic reaches out for help, and for the many future generations of alcoholics yet to come through A.A.'s doors. Bill W. expressed in his writings titled "A.A.'s Legacy of Service", pg. S1 of the A.A. Service manual:

"Our Twelfth Step--carrying the message--is the basic service that the A.A. Fellowship gives: this is our principle aim and the main reason for our existence. Therefore, A.A. is more than a set of principals; it is a society of alcoholics in action. We must carry the message, else we ourselves can wither and those who haven't been given the truth may die.

Hence, an A.A. service is anything whatever that helps us to reach a fellow sufferer---ranging all the way from the Twelfth Step itself to a ten-cent phone call and a cup of coffee, to A.A.'s General Service Office for national and international action. The sum total of these services is our Third Legacy of Service.

Services include meeting places, hospital cooperation, and intergroup offices; they mean pamphlets, books, and good publicity of almost every description. They call for committees, delegates, trustees and conferences. And not to be forgotten, they need voluntary money contributions from within the Fellowship."

Bill W. continued his writing in "Vital to A.A.'s Growth", pgs. S1-S2 of the A.A. Service Manual: "These services, whether performed by individuals, groups, area, or A.A. as a whole, are utterly vital to our existence and growth. Nor can we make A.A. more simple by abolishing such services. We would only be asking for complication and confusion.

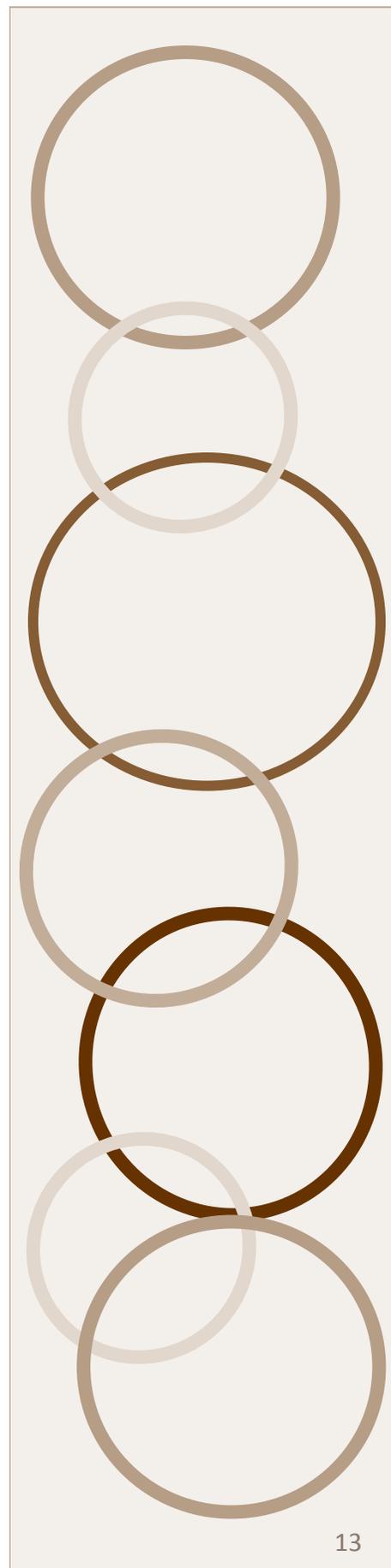
Concerning any given service, we therefore pose but one question: "Is this service really needed?" If it is, then maintain it we must, or fail in our mission to those who need and seek A.A.

The most vital, yet least understood, group of services that A.A. has are those that enable us to function as a whole, namely: the General Service Office, A.A. World Services, Inc., the A.A. Grapevine, Inc., and our board of trustees, known legally as the General Service Board of Alcoholics Anonymous. Our worldwide unity and much of our growth since early times are directly traceable to this cluster of life-giving activities."

I look back at what my life would have been like without A.A. and I know for a fact that I wouldn't be alive today. Then I gratefully and humbly reflect upon the many opportunities I've had to serve this incredibly wonderful life-giving program and fellowship. Probably, the question of "Who needs service in general and/or General Service?" and "Does it really matter?", is one that we must all ask and answer for ourselves. I know that in the beginning, my life depended upon these very services. And at the low point of my personal recovery program and in the dilemma of what's next---either falling away from A.A. or seeking to add something more---it really did matter to me to stay sober and to remain engaged in "practicing the A.A. principals" in my life, and to participate in the responsibility of increasing the certainty that A.A. will be around not only for my kids and my grandchildren, but also the legions of generations that will surely follow.

In much Gratitude and Service,

Rena H.





## CALENDAR OF EVENTS

<b>November 2-3, 2013</b>	<b>Fall Workshop</b>	<b>District 1</b>
<b>December 7, 2013</b>	<b>Area Committee Meeting</b>	
	<b>Area Inventory</b>	<b>District 11</b>
<b>February 22, 2014</b>	<b>Area Committee Meeting</b>	<b>District 6</b>
<b>March 7-9, 2014</b>	<b>PRASSA 2014</b>	<b>Area 8</b>
		<b>San Diego, CA</b>
<b>March 28-30, 2014</b>	<b>Pre- Conference Assembly</b>	<b>District 2</b>
<b>April 20- 25, 2014</b>	<b>General Service Conference</b>	<b>New York</b>
<b>May 16-18, 2014</b>	<b>Post-Conference Assembly</b>	<b>District 7</b>



## LETTER FROM OUR EDITOR—KEITH M.

My name is Keith and I am an alcoholic. Being the News and Notes editor is wonderful, I get to read all of our uplifting articles and all the real work is being completed by Christy R. our trusted servant from District 10. She completes all the layouts, formatting, graphics, and editing. This edition of News and Notes focuses on “Sponsorship.” There is no question in my mind that I would not be sober today without the help of my first sponsor Max Y. His loving care in my first days, months and years of my new life are part of my being, he helped make me become what I am today. It was so simple by sitting at his kitchen table reading the Big Book he taught me the best ways of living a healthy, happy sober life. Understanding what and who you are is the beginning, I am an Alcoholic and my life is unmanageable. Learn to trust and rely on a Power Greater than myself by cleaning house and making amends. Then help other to understand our solution. I have a truly bless life and sponsorship is the keys to success. The understanding of my higher power has come through working with others. Thanks Max Y and all the people in my wonderful life.

How can you give back what was so freely given to you? Write an article. How do you carry our message of recovery beyond your home group? Write an article. If you are a trusted servant in General Service, share what you are doing, write an article.

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 and region. Simply contact your newsletter editor or email your article to [area69immediatepastdelegate@utahaa.org](mailto:area69immediatepastdelegate@utahaa.org) or [keithm@montarch.com](mailto:keithm@montarch.com). Area 69 News and Notes newsletter is published by Area 69. Opinions expressed are those of the writer and not necessarily those of Area 69 or A.A.W.S., nor does publication of an article imply endorsement or affiliation by Area 69 or A.A.W.S.

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 major content changes. *This email/Newsletter, including any attachments, is 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.

Keith M.