



Area 30

Alcoholics Anonymous
General Service Committee
of Eastern Massachusetts



THE MESSENGER

“A.A. in a Time of Change”

Theme of the 71st General Service Conference

Ask Me About Service Sponsorship

Volume 43, Issue 2
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When we arrived at the doors of Alcoholics Anonymous, it was suggested we find a sponsor to help guide us through the program of recovery, our First Legacy. Here at Area 30, we also suggest you find a service sponsor to help guide you through our Third Legacy (Service).

“...A.A. service is anything whatever that helps us to reach the 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.” *The A.A. Service Manual/Twelve Concepts for World Service*, p. S1.

If you have found yourself in a service position beyond the home group level, you will encounter terminology and experiences you are unfamiliar with. A service sponsor can help you with this. Similar to recovery sponsorship, when looking for a service sponsor, it is wise to look for someone who has walked the road and has experience serving in the role you are interested in. Those with prior experience at this level of service are eager to share their experience, strength and hope with all who are interested in serving. They can help navigate your journey through this process, sharing their experience with A.A. history, the Traditions and Concepts, the conference process, various service positions and so much more.

It is our hope in Area 30 that you will find your involvement in service enjoyable. Together we can all play a small part in ensuring Alcoholics Anonymous will be here for the unforeseeable future.

In love and service,

Suzanne S.

Chairperson, Area 30

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Did You Know? from Area 30 Accessibilities Committee

Did you know... that American Sign Language (ASL) is not merely English shorthand; it is a completely separate language. A Deaf person's comprehension of English depends on how well they know English as a second language-- yet AA has only two books, and one pamphlet available in ASL.

Did you know... that Alcoholism is considered a disability? A Disability is any condition or impairment which in interaction with various barriers may hinder a person's full and effective participation in society on an equal basis with others, and that substantially limits one or more major life activities which makes it more difficult for a person to do certain activities or interact with the world around them. (Wikipedia)

Alcoholism is an impairment which can substantially limit major life activities e.g. learning, concentrating, interacting with others, caring for oneself, thus constitutes a disability.

An alcoholic is considered a person with a disability under the American with Disabilities Act (ADA Title I and II).

Did you know... No online access? No problem. You can join online meetings by phone, and there are telephone-only meetings also. Call A.A. Boston at (617) 426-9444, or Worcester Intergroup at (508) 752-9000 and ask for phone numbers for local meetings.

A General Service Conference Feast

A cannibal tourist was walking along Times Square, New York, when he discovered that the General Service Conference Dinner was being catered by a fellow cannibal. Feeling somewhat hungry, he wandered over and checked out the menu:

- Fried Grapevine / La Viña Representative: \$10.00
- Broiled General Service Representative \$15.50
- Grilled Delegate: \$17.50
- Baked Trustee: \$62.00

The cannibal called his friend over and asked, "Why such a price difference for the Trustee?" The caterer replied, "Have you ever tried to clean one? They're so full of crap, it takes all morning."

Rule # 62,
Francis G., Northeast Regional Trustee

Getting Involved In General Service An article brought to you from Grapevine

BY: JENNIFER B. | SANTA ROSA, CALIF.

She learned through service that when you step outside your comfort zone, magical things can happen.

By the time I was six years sober, I had worked the Steps with a couple of sponsors and reached what I thought was a comfortable place. But I was beginning to wonder: is this all there is? My sponsor, who was involved in general service in our district and area, invited me to join him and others to eat pizza and fold newsletters. I was still afraid to do any service outside of my regular meetings; perhaps because of that, I was still isolated from my fellows in many ways, feeling as if I

was outside looking in. The camaraderie and encouragement I felt being part of the general service group doing the “lick and stick” over the next few months inspired me to find a group that needed a GSR.

As luck would have it, a newcomer I met was looking for a sponsor and needed a ride to a meeting, so I took her to a women’s meeting near where she lived that I thought would be full of great possibilities for her. I always knew I wanted to attend this women’s meeting, having seen the group participating at our holiday Alcahons over the years and sensing that they were “my people.” But I had been putting it off because I knew I wouldn’t be able to hide anonymously the way I had been so far in A.A. Funny how we avoid what’s good for us—until we don’t anymore.

At the meeting that night, it was announced that they needed a GSR. The next week, I went back and made myself available. They barely knew who I was, but they elected me unanimously. That newcomer later decided A.A. wasn’t for her, but because I was willing to reach my hand out, I got rocketed into the fourth dimension.

Being a GSR was unlike anything I had ever been willing to do and I had to step outside my comfort zone all the time. As someone who never spoke in a meeting unless I was called on, I had butterflies in my stomach each week as I made announcements at the group. But I did it and I had fun. A number of members were happy to stay late after a few meetings to participate in sharing sessions on some of the Conference agenda topics. Being a good student in the past, I was that GSR who read all the background material and did my best to present each topic as thoroughly and neutrally as I could. That part did come easily. Facilitating the sharing sessions was new to me, but the process made me feel as if I was really part of the group. Those women are indeed “my people.” I was terrified of going to our pre-Conference assembly and sharing their opinions in front of 400 people in a microphone, but I did it. Our delegate that year came over to personally thank me and I was still so socially awkward that I didn’t know what to say, so I practically ran away.

Slowly but surely, I got more used to speaking and participating in all of AA. The people I met in the wider service fellowship are also “my people.” I went on to be a DCM, then an alternate DCMC, and now I am serving as the DCMC for my district, which has great participation. Each position has offered new opportunities for growth and to step outside my comfort zone, again and again. As someone who drank alone to avoid people and always wanted to fade into the scenery so any failure or success went unnoticed, I am now right in the middle of the herd, and very visible in the Fellowship. So I get to work on my character defects all the time. Not only am I developing a better appreciation for the Steps, Traditions, and Concepts, but the skills I have learned from going further down the service triangle have given me the confidence to aim higher career-wise, with excellent results. I am no longer afraid to be my authentic self, and I am beginning to believe that who I really am is enough.

Over the past few panels, I watched as an agenda topic I was really excited about my first year as a GSR—creating literature for atheists and agnostics—came back to the Conference each year in different ways and eventually became the popular pamphlet “Many Paths to Spirituality.” As an agnostic who considers herself successfully sober in AA, and who used the “Group Of Drunks” following “Good Orderly Direction” as her Higher Power in early sobriety, I was sweetly surprised by the spiritual awakening I had in general service as a result of the conversations we had about creating that pamphlet. My group of drunks gets bigger and bigger as I attend district meetings, area assemblies, PRAASA, regional forums and the International Convention. And therefore, so does my Higher Power and feeling of connection.

Through general service, I have found validation that I belong here in Alcoholics Anonymous regardless of what I believe (or don’t believe). My heart is filled with gratitude and joy at being a trusted servant. I am continuing to find my voice and I am becoming even more of the person I was meant to be. I’ve made many friends and become a better employee, sponsor, and family member. I now feel capable of forming true partnerships with other human beings. And guess what? That first delegate whom I was afraid to talk to? Last year, he became my husband. You never know what might happen when you step outside your comfort zone, but one thing’s for sure: that’s where you’ll find the magic.

Reprinted with permission AA Grapevine Inc. March 2019

The Lighter Side



District 26 held a snowman building contest. The winner was the Leominster High Noon Group.

Their Snowman featured anniversary coins for eyes, monthly coins for buttons, and a “Little Red Book” in his hand. They won 2 tickets to the District 26 Annual Comedy Dinner/Show.

Respectfully Submitted by District 26 Activities Chair, Melinda B.

Is your district, group, or committee finding creative ways to have fun during this period of social distancing?

Share with others by sending pictures and/or a note to Messenger@aaemass.org!

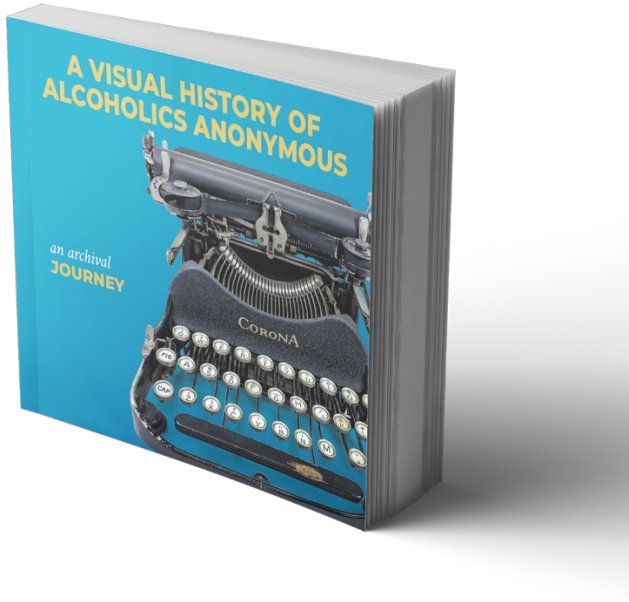
AA Word Search

S	T	R	A	D	I	T	I	O	N	S	E	R	L
P	B	C	T	T	T	S	T	C	E	F	E	D	O
E	R	H	I	E	P	R	T	R	R	I	S	E	H
V	O	A	M	E	S	E	U	A	E	A	N	T	O
E	H	N	D	I	R	E	C	D	M	Y	E	E	C
I	E	G	A	R	U	O	C	C	G	E	A	S	L
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E	P	R	I	N	C	I	P	L	E	S	O	D	P
B	A	P	E	A	C	E	L	B	M	U	H	C	S
R	S	S	S	E	L	R	A	E	F	T	C	R	E
A	P	G	P	R	P	O	W	E	R	L	E	S	S
E	E	O	S	A	L	A	U	T	I	R	I	P	S
A	T	D	D	F	E	L	L	O	W	S	H	I	P
A	S	U	R	E	T	C	A	R	A	H	C	E	O

BELIEVE
 FEARLESS
 SERENITY
 TRADITIONS
 PRAYER
 SPIRITUAL
 CHARACTER
 GOD
 POWERLESS
 PRINCIPLES
 AMENDS
 PEACE
 TRUDGE
 STEPS
 FELLOWSHIP
 ACCEPT
 DEFECTS
 COURAGE
 ALCOHOL
 ADMIT
 HUMBLE
 CHANGE

Play this puzzle online at : <https://thewordsearch.com/puzzle/2192127/>

New Literature!



Originally developed as the souvenir book for the 2020 International Convention, this lavishly illustrated and lively tour through A.A.'s history is told in hundreds of iconic images never before published in one volume. Illuminating descriptions walk us through powerful moments in our shared history — from the people, places and things integral to A.A.'s early growth, and forward to today's vibrant, international Fellowship. Includes a special focus on Detroit in A.A.'s history and updated coverage of recent innovations in A.A. group life. 4.75" x 3.75", 416 pages. This book is available at <https://onlineliterature.aa.org> as well as Boston Central Service, Worcester Intergroup, and Cape Cod Intergroup. *You are encouraged to purchase literature through your local intergroup or central office!*

Committee Meetings in Area 30

All face-to-face Committee Meetings are suspended until further notice. Please see the Area Calendar at aaemass.org or contact Committee Chairs to inquire about virtual meetings and to confirm date/time of meetings in case of any changes!

We welcome anyone with an interest!

General Service Area Committee – chair@aaemass.org

8pm - 4th Wednesday of the month **Note:** 3rd Wednesday in November & December

Accessibilities Committee – accessibilities@aaemass.org

6:30pm - 3rd Wednesday of the month

Some alcoholics experience barriers to participating in AA due to cultural, geographic, mental, physical, or social factors, or other reasons. This committee is working toward a future where all who want to participate in AA meetings (and other AA services) in Eastern Massachusetts are in fact able to fully participate.

Archives Committee – archives@aaemass.org

7:30pm – 3rd Tuesday of the month

The Archives Committee is charged with collecting, preserving and presenting materials of historical interest to Alcoholics Anonymous. We invite you to join us as we continue our efforts to discover and celebrate the history of AA in Eastern Massachusetts.

CPC Committee – cpc@aaemass.org

7:00pm – 2nd Thursday of the month

Members of C.P.C. committees inform professionals and future professionals 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 affiliating.

Joint Correctional Facilities Committee – corrections@aaemass.org

7:00pm – 4th Thursday of the month

Responsibilities include working with the correctional facilities in Area 30 to assist in bringing the AA message behind the walls. We currently offer a service helping inmates who are being released from prison connect with AA members in their communities called the Prerelease Contact Program. AA's who are interested in corresponding with an inmate by mail or being included on a 12-step call list to serve as contact points for those getting out of prison should contact Boston Central Service for particulars.

Grapevine Committee – grapevine@aaemass.org

1:00pm – 4th Sunday of the month

One of the Grapevine Committee's primary goals is to let the people and their groups in Area 30 know all we can about our "meeting in print." Like our meetings, the monthly Grapevine magazine is as diverse as each of us. Its 64 pages, written by friends and members of AA, have become the voice of AA today. Through the Grapevine, members share their Experience, Strength, and Hope, always striving to carry the message of Recovery -Unity -Service to all who read it.

Literature Committee – literature@aaemass.org

7:00pm – 1st Monday of the month

In addition to our committee's purpose and goals listed on the CONTACTS page of this website, we use the time at our meeting to review current conference-approved and locally developed literature in order to be able to let the membership know what is available and to assure that the message is consistent with the principles of our Steps and Traditions. We answer inquiries requesting information on various topics and provide possible sources of information. Our goal is to inform the membership of the tools available for our own recovery as well as to carry the message to others.

Joint Public Information Committee – pi@aaemass.org

7:00pm – 1st Thursday of the month

Public Information (P.I.) in Alcoholics Anonymous means carrying the message of recovery to the still-suffering alcoholic by informing the general public about the A.A. program. We carry the message by getting in touch with the media, schools, industry, and other organizations which can report on the nature and purpose of A.A. and what it can do for alcoholics.

Joint Treatment Facilities Committee – treatment@aaemass.org

7:00pm – 3rd Friday of the month

The purpose of the committee is to coordinate the work of individual AA members and groups who are interested in carrying our message of recovery to alcoholics in treatment facilities, and to set up means of "Bridging the Gap" from the facility to the larger community. The JTFC provides information about AA as well as literature and guidelines for setting up AA meetings in treatment and outpatient facilities. Its objective to make sure all treatment facilities wanting AA meetings to participate is serviced.

Website Committee – website@aaemass.org

7:00pm – 1st Wednesday of the month

This committee maintains the Area 30 web site per assembly action and develops recommendations on the future maintenance of the site. This committee is also currently functioning as the "tech team" and handling a tremendous amount of other tech related activities during the pandemic such as our virtual assemblies and area meetings.

Joint Committees: In the spirit of cooperation, the Boston Central Service Committee and the Eastern Massachusetts General Service Committee (Area 30) work together on these committees whose purposes are to carry the message of experience, strength, and hope to those who may be interested in Alcoholics Anonymous.

Declaration of Unity

This we owe to A.A.'s future: To place our common welfare first; to keep our fellowship united. For on A.A. unity depend our lives and the lives of those to come.

Declaration of the 35th Anniversary International Convention, 1970, Miami, Florida

➤ Road Shows

The Area Committee is available to speak at your commitment meeting! While we cannot reciprocate with an outgoing commitment for your group, we would love to visit your speaker meeting and share our experience, strength, and hope. If you think your group would like an Area 30 Road Show, please contact our Area Alternate Chair at altchair@aaemass.org.

➤ Service Seminar

If your group or district is interested in an outreach, or conducting a group conscience or inventory, please contact our Service Seminar chair at serviceseminar@aaemass.org.

➤ NERAASA 2022

NERAASA 2022 is being hosted by Area 60, Western Pennsylvania. It will be held February 25-27, 2022 in Pittsburgh, PA – though a decision is yet to be made on whether it will be in-person, virtual, or hybrid. Stay tuned for more information at www.NERAASA.org

➤ YPAA Links

Information about YPAA committees and events can be found at the following:

www.msypaa.com	Massachusetts Conference of Young People in AA
www.necypaa.org	New England Conference of Young People in AA
www.icypaa.org	International Conference of Young People in AA

➤ Next Assembly

Our next Assembly will be our Post-conference Assembly scheduled for May 16th. We will gather to hear from our Delegate about all that happened at the General Service Conference.

➤ Massachusetts State Convention 2021

Jean K., our Immediate Past Delegate, is serving as Chair of the 2021 MA State Convention. The next planning meetings for the 2021 convention is scheduled for Tuesday, April 27th at 7:00 p.m.

The Area 30 newsletter, *The Messenger*, is published five times a year. It is available at all Area Assemblies and through the service structure at the many, varied committee meetings, schedules for which are found in this edition and posted on aaemass.org. *The Messenger* contains news, stories, and special events going on in Eastern Massachusetts. Suggestions and submissions are welcome and may be emailed to messenger@aaemass.org. Please include your confidential contact information.