



AA Area 73 District 11 Newsletter

April 2023 Volume 99

West Virginia – Wild, Wonderful, and Sober

Grapevine Corner

“Remember just because you hit bottom doesn’t mean you have to stay there.” - Robert Downey

“I know, despite all my best efforts and deepest desires, that I can’t guarantee a happy, healthy, and successful path for my children; still, once in a while, I feel the tide touching my toes.” - D’Anne Burwell

“Our greatest glory is not in never falling, but in rising every time we fall.” - Ralph Waldo Emerson

IT’S SPRING! Welcome to April everyone. The robins are home, trees are flowering and the daffodils are blooming! Ok, so I’m a wee bit sentimental about Spring. As usual I digress, but at least I caught myself before waxing poetic, so consider yourselves lucky.

As we all know, alcoholism affects every person who is in close contact with the alcoholic; family, friends, and co-workers to mention a few. The April Grapevine Magazine special section is titled, AA & Families. You may find some of the member stories in this section a poignant reminder of what your life was like when you were drinking. The titles include: “Best little meeting in Utah”; “Knowing when to leave”; “Accepting Dad”; “Family secret”; “Uncle Harold”; and “Meet the parents.” I hope you enjoy this issue as much as I.

Grapevine is developing a smartphone app for both Grapevine and La Viña magazines. They would like your input and thoughts about the app as development progresses. Go to www.aagrapevine.org for more information.

To receive the Grapevine quote of the day, log on to www.aagrapevine.org and provide your email address at the end of the quote. Grapevine has started providing stories of the week in email which is another good reason to sign up. While on the you can subscribe to The Grapevine magazine, order books, and play with the sobriety calculator among other things. Please don’t forget to read At Wit’s End which is near the end of the magazine.

*Also, every Monday is Grapevine’s fun half-hour Grapevine Podcast. It features jokes, interviews, and member sharing at www.aagrapevine.org/podcast. Don’t forget, you can also follow Grapevine on Instagram at: [alcoholicsanonymous_gv](https://www.instagram.com/alcoholicsanonymous_gv).

4th Step

Made a searching and fearless moral inventory of ourselves

4th Tradition

Each group should be autonomous except in matters affecting other groups, or AA as a whole.

4th Concept

At all responsible levels, we ought to maintain a traditional “Right of Participation” allowing a voting representation in reasonable proportion to the responsibility that each must discharge

4th Promise

We will know peace

4th Reward

Peace of mind instead of confusion

And finally:
Actual Ads from the New York Times

FREE YORKSHIRE TERRIER. 8 YEARS OLD. HATEFUL LITTLE DOG. BITES.
FREE PUPPIES: 1/2 COCKER SPANIEL, 1/2 SNEAKY NEIGHBOR'S DOG.
FREE PUPPIES... PART GERMAN SHEPHERD, PART STUPID DOG.
GERMAN SHEPHERD 85 lbs. NEUTERED. SPEAKS GERMAN. FREE.

District 11 Meetings On-line

According to the latest Where and When published June 2021, all groups are meeting in person or have a hybrid meeting format except for the following which are on-line.

Daily at 7:30am- Eye Opener Group Hybrid
<https://www.gotomeet.me/EyeOpenerGroup>
Dial in at [\(646\) 749-3122](tel:6467493122)
Access Code: 604-461-373

Daily at 5:30pm - Early After Work Friends of Bill W. Group
Zoom Meeting ID 671-314-2769
Password: 118

Daily at 7:00pm - Doomsdayers Group
Join Zoom Meeting ID 942-899-066
Password 049396

Sundays at 2:00pm - Women On A Journey Group
Join Zoom Meeting ID 274-008-239
Password: woaj

Wednesday at 7:00pm – Wednesday Night Men's Group Hybrid
<https://www.gotomeet.me/EyeOpenerGroup>
Dial in: [+1 \(646\) 749-3122](tel:16467493122) Access Code 604-461-373

District News

- ❖ District 11 held our 2023 Spring Assembly in Morgantown WV March 24-25. Because of severe weather Saturday afternoon that resulted in the loss of electricity to the entire town the Saturday evening and Sunday morning sessions of the mini conference were cancelled. They will be rescheduled to be held virtually at a date TBD

❖ We heard from our newly elected Area Delegate (Paul Hodder) new District 11 DCM Committee Member (Bob Derby) as well as almost all of the 14 districts within Area 73 submitted reports on what's happening locally. We also heard from Standing and Appointed committees on

- Assemblies and Conventions
- Budget and Finance
- 800 Number
- Website
- Remote Communities
- Archivist
- Registrar

❖ There were update reports regarding: 2022 Fall Assembly up to and including the 2025 Convention Bid (announced for District 2)

❖ **DID YOU KNOW.....???** District 11 has agreed to host the 2025 Spring Assembly? Make sure to speak with your GSR and volunteer as we well need 'all hands on deck' to host this event.

For more detailed information, please speak with your group's GSR.

Coming Events *(Please see your local secretary for more information)*

- ✓ GSR Orientation held on Saturday April 1st at EPRF (118 Martin Street)
- ✓ The District has also voted to hold a "Founder's Day" picnic (sometime around June 10th) with further details to be announced soon.
- ✓ District meetings have also yielded the suggestion of holding more social events and there is current discussion about perhaps a dance, movie night, or bowling event. Please let your GSR know if you have ideas, suggestions, or interest in volunteering for this.

AA Humor -

A guy wants a divorce. He tells the judge *"I can't take it anymore –my wife is going from bar to bar every night way, past midnight!"*

The judge responds *"what's she doing?"*

The guy says *"looking for me!"*

Let's Celebrate

Anniversaries for April and the first week of May. As of March 1st the district has 4,099 year of sobriety with an average of 14.4 years per member.

Name	Anniversary	Years	Group
Dana	3/24/2010	13	Woman on a Journey
Christine N	4/1/1980	43	11th Step Group
Crystal S.	4/15/2015	8	Berkeley Springs
BILL.R	4/1/2009	14	Eye Opener
BO.B	4/24/1992	31	Eye Opener
CHARLES D.E	4/2/2014	9	Eye Opener
FRANCIS.F	4/18/2014	9	Eye Opener
GEORGE.B	4/1/2012	11	Eye Opener
HARRY.E	4/3/2016	7	Eye Opener
MAGGIE.A	4/1/2015	8	Eye Opener
MICHAEL.H	4/4/2007	16	Eye Opener
MICHELLE.R	4/22/2017	6	Eye Opener
NORM.S	4/15/2014	9	Eye Opener
PATTY	4/20/2014	9	Eye Opener
RHONDA	4/12/2015	8	Eye Opener
ROBERT.G	4/15/2013	10	Eye Opener
AL.W	4/5/1996	27	Good Orderly Direction
GLEN.L	4/28/2001	22	Good Orderly Direction
JANE.S	4/3/2011	12	Good Orderly Direction
PATTI.E	4/20/2014	9	Good Orderly Direction
RICKY.B	4/10/2019	4	Good Orderly Direction
TERESA.L	4/13/1992	31	Good Orderly Direction
Joey M	4/13/2002	21	Hancock Open Door
Barb W	4/18/1986	37	HOW
Dug R	4/1/2013	10	HOW
Jane S	4/3/2011	12	HOW
Karen M	4/21/2016	7	
Dave W	5/4/2014	9	11th Step Group
ELEN. G	5/1/1976	47	Eye Opener
KIMBER.S	5/2/2004	19	Eye Opener
LINDA.W	5/1/1981	42	Eye Opener
STANLEY.S	5/5/2015	8	Eye Opener
Mark E.	5/2/2002	21	Hancock Open Door
George M	5/2/2011	12	HOW



MORE AA THOUGHTS FOR APRIL.....

Step 4

“Made a searching and fearless moral inventory of ourselves.”

Step 4 is infamously the “scary” Step, probably because most of us do not like the deflation of ego or doing an honest inventory on our own behavior. However, it’s a crucial to do Step 4 if we want recovery. Our alcoholism is just a symptom of a spiritual disease which has its root in selfishness and self-centeredness and recovery requires a honest, searching, revelation-inducing inventory of those things which have been blocking us. In the past we justified our bad behavior and blamed other people, places, or things for the problems we created. Now we begin to see the truth about our “stock” or inventory and to see our responsibility/mistakes in our past and current actions. This often means acknowledging painful, embarrassing, or difficult events, thoughts, emotions, or actions. However, in Step 4 we commit to rigorous honesty as we go back through our life, using the process outlined in the Big Book as an essential guide to reviewing resentments, fears and sexual conduct.

Resentment is a condition or state of mind whereby one relives some past event, and feels the emotion from that event as if it were still happening. Resentment is literally to feel (sentire) again (re). For us even when justified, resentments are deadly. In fact, resentment is the number one offender, and destroys more alcoholics than anything else. (p. 64)

If we want a new experience in life and to get rid of those things which have been blocking us it is vital that we actually do all three sections of Step 4 (resentment, sex and fear) as outlined in the Big Book. To skip this vital step will mean failure in achieving lifelong recovery. Many people try to avoid writing a Step 4 inventory, either not wanting to look at themselves or feeling embarrassed and fearful about someone else reading what they wrote. However until we put it in written form, the Fourth Step is not completed. Rest assured that in the history of AA there has never been something in a Fourth Step inventory that is unique, or worse than what other people have done. Even though remembering the past may be very painful, it propels us into a new life of peace and takes us through the pain of remorse to the joy of forgiveness.

Tradition 4

“With respect to its own affairs, each A.A. group should be responsible to no other authority than its own conscience. But when its plans concern the welfare of neighboring groups also, those groups ought to be consulted. And no group, regional committee, or individual should ever take any action that might greatly affect A.A. as a whole without conferring with the trustees of the General Service Board. On such issues our common welfare is paramount.”

Let’s note that right off the bat that the word “autonomy” will carry a few weighty connotations for those who feel inclined to argue over what it means. But the Fourth Tradition basically means precisely what it says—as long as other AA as a whole and other local groups are not affected, every individual group gets to manage itself in whatever way its members prefer. Each AA group has complete freedom to decide for itself the content of its meetings and the topics that will be discussed. The group can decide if the meeting will be open or closed, when

and where the meeting will be held, etc. Each group can decide to change its meeting format and has complete authority to spend its funds as needed. The group can also decide how it wishes to begin and end its meetings. For example, some groups close with a prayer, while others may have a moment of silence. In all of these matters, each group has total freedom. It is entirely up to the membership of that individual group.

However, the second part of Tradition Four reminds each group that it has a responsibility to the worldwide AA fellowship and other local AA groups. By adhering to the traditions and principals of its program, each group can assure that it will not stray too far away from AA's basic tenets. The autonomy provided in Tradition 4 does not mean an individual group has the authority to re-word the Steps, Traditions or to create its own literature. Nor should groups introduce, discuss, or sell outside literature at their meeting places. Unfortunately some meetings have gotten away its primary purpose by using non-conference-approved literature, showing videos of popular self-help speakers, or allowing treatment professionals to speak at open meetings on the latest therapy techniques. There is a saying that there is no right or wrong way to hold a meeting, but the group can cease carrying the AA message if it strays from the AA Steps, Traditions and Concepts. If AA groups follow the Traditions and AA's primary purpose, they have complete freedom to design meetings to the needs of their members and use a wide variety of formats.

The Fourth Tradition is not a means to use freedom for selfish purposes, nor to be called upon any time there is a disagreement. We all must act with humility in our personal group actions and operate with deep sense of responsibility when the name and reputation of AA is at risk.

Concept 4

“Throughout our Conference structure, we ought to maintain at all responsible levels a traditional “Right of Participation,” taking care that each classification or group of our world servants shall be allowed a voting representation in reasonable proportion to the responsibility that each must discharge.”

Everyone is included! In the organization of AA, there are no ‘superiors,’ no ‘inferiors,’ and no ‘advisers.’ The principle of “Right of Participation” is built into the General Service Conference. Our voting members include not only our delegates, but also the trustees, the directors and staff members of A.A. World Services (i.e., G.S.O.), the A.A. Grapevine, as well as the boards of these two entities; not only trustees, but also non-trustee directors, paid administrators and staff members (the non-trustee members are appointed to the standing committees and the staff members serve as committee secretaries). All these people are included because of A.A.’s “Right of Participation.” Although many, such as the staff, cannot vote, these workers may freely participate. Bill warns against any of us trying to “weaken, modify or toss out” the “Right of Participation.” Bill argued that, “it is vital to preserve the traditional ‘Right of Participation,’ in the face of every tendency to whittle it down.”

Bill W. actually experienced first hand the dangers of excluding certain people from being able to participate and how it impacts the operations of AA. In the early days of the Foundation the trustees had virtually all legal and financial power/authority over AA’s services, including literature, funding, public relations and the GSO. However, it was Bill, his assistant and her staff who had the responsibility of running the office and conducting daily business for the fellow-

ship. The trustees used their power to micromanage operations through policy and administration committees, upon which Bill and the staff had no membership and no real participation. Obviously, this created problems and resentments among the staff, and Bill eventually learned that to grant any individual or group absolute authority over our services could only invite disaster. A balance had to be struck by allowing all participants in the service structure a right to participate and to vote. In this manner all members of the Conference are treated equally. Now, every conference member has not only a vote but a voice; not only a right but a responsibility to express his or her views.

All of us desire to belong. In A.A., no members are second class. The “Right of Participation” therefore reinforces Tradition Two; no member is placed in “ultimate authority” over another. We all perform our service tasks better when we feel a part of, have some ownership and personal responsibility. Everyone having an equal opportunity to participate encourages us to truly be the trusted servants.

The Twelve Concepts for World Service were written by Bill W. in 1962. The Concepts are an interpretation of our World Service Structure and serve as guideposts for our various service entities, much the same as our Twelve Traditions serve as guideposts for the groups. By following them we can avoid the many pitfalls and mistakes made by previous servants in their effort to carry the message of A.A. to the still suffering alcoholic. Concepts 3, 5, 9 & 12 dealt primarily with spiritual principles, while the remaining concepts addressed the relationship of the service entities and how they could function together most effectively.

CALL FOR CONTRIBUTIONS

Anyone wishing to submit an announcement, or story for the newsletter is encouraged to do so by emailing Pam Washington at AAdistrict11@gmail.com