



# AA Area 73 District 11 Newsletter

April 2024 Volume 111

West Virginia – Wild, Wonderful, and Sober

## Grapevine Corner

“It must never be forgotten that the purpose of Alcoholics Anonymous is to sober up alcoholics. There is no religious or spiritual requirement for membership. No demands are made on anyone. An experience is offered which members may accept or reject. That is up to them.” - Bill Wilson

“Being a little kinder, a little slower to anger, a little more loving makes my life better—day by day.” - AA Big Book in the Daily Reflections

“Our liquor was but a symptom. So we had to get down to causes and conditions.” - Bill Wilson

It is said that April showers bring May flowers. April also brings an issue of Grapevine Magazine celebrating the 85th anniversary of the Big Book, formally known as Alcoholics Anonymous. The stories, written by members, in the special section include: “Black, blue and yellow”; “Old faithful”; “All in the family”; “Healing words”; “The best medicine”; “Worn with love”; and “I’m turning this stuff out as fast as I can.” The last story is a timeline of the making of the big book.

Grapevine and La Vina now have apps. Check out the various ways you can obtain an app for your phone by going to [www.aagrapevine.org](http://www.aagrapevine.org).

To receive the Grapevine quote of the day, log on to [www.aagrapevine.org](http://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 website 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](http://www.aagrapevine.org/podcast). You can also follow Grapevine on Instagram at: [alcoholicsanonymous\\_gv](https://www.instagram.com/alcoholicsanonymous_gv).

And finally:

- The man who survived both mustard gas and pepper spray is a seasoned veteran now.
- Will glass coffins be a success? Remains to be seen.

### **4<sup>th</sup> Step**

Made a searching and fearless moral inventory of ourselves.

### **4<sup>th</sup> Tradition**

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

### **4<sup>th</sup> 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.

### **4<sup>th</sup> Promise**

We will know peace.

### **4<sup>th</sup> Reward**

Peace of mind instead of confusion.

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- Geology rocks!, but Geography is where it's at!
  - I spent a lot of time, effort and money childproofing my house. But, darn, the kids still get in.
  - Most people are shocked when they find out how bad I am as an electrician.

Pat M.

## 4<sup>th</sup> TRADITION (LONG FORM)

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.

## AREA INFO

1. Here's some info for those wishing to make financial contributions:

- District 11  
Make check payable to  
District 11  
PO Box 1831, Martinsburg WV 25402
- Area Contribution:  
Make check payable to  
Area 73  
PO Box 461, Morgantown WV 26507-0461
- General Service Office contribution:  
Make check payable to  
GSO  
Po Box 459, Grand Central Station. New York, NY 10163

## DISTRICT 11 Anniversaries.....

We are asking all groups and individuals to send their Name, sobriety celebration date, years of sobriety and meeting they are celebrating at.

Send to [Rusty.danstuxedo@hotmail.com](mailto:Rusty.danstuxedo@hotmail.com). Put in the subject matter "**AA Anniversary**".

IN OTHER NEWS..... Since the monthly district meeting minutes are now being published on the website: <https://aawv11.org/> they will no longer be published here.

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## DISTRICT INFORMATION

1. FULL District Meeting minutes are now being posted monthly, and you can view them at <https://aawv11.org/>
2. Please note that if you'd like to view the monthly newsletter online, you can do so at <https://aawv11.org/>
3. And, if you'd like to have the newsletter delivered to your inbox every month, please send an email request to [AAdistrict11@gmail.com](mailto:AAdistrict11@gmail.com)

## ***Coming Events & Announcements.....***

**The Campfire Circle Meeting at Cacapon State Park** will be moving outside starting Friday April 5th. We will be meeting at the boathouse until things warm up a bit then we will move to the campfire circle located next to the Nature Center (weather permitting) Just follow the signs when entering the park for meetings location.

Fred

AA WORKSHOP AREA 73  
DISTRICTS 11, 13 AND 15

## ***AA Archive and History in the Eastern Panhandle of West Virginia***



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# **Saturday April 27th 2024**

Snyder's Bible Church

10980 Martinsburg Rd.

Hedgesville WV. 25427

2:00pm to 5:00pm

Featured Speaker -  
Jann H. (Area 73 Archives)

Guest Speakers:

District 11 - Frank G.

District 15 - Dennis S.

For More Info \ Call Craig S. 704-340-4575

**Area 73 Annual Convention – August 9-11 2024** at the Lakeview Resort in  
Morgantown West Virginia – (304) 594 1111. Rooms at \$109 +tax per night  
use room code "Area 73"-

*See flier below*



# Area 73 Convention

August 9-11 2024

Lakeview Resort  
1 Lakeview Dr.  
Morgantown, WV  
304-594-1111

Rooms 109+tax/night

Room code: Area73

TO SOBRIETY AND BEYOND

4th Dimension

Rocketed to the

ONLINE  
REGISTRATION



Hosted by District 16  
[www.district16wv.or](http://www.district16wv.or)

*For more detailed information on these events, please speak with your group's GSR.*

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## **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

## ***CALL FOR NEWSLETTER CONTRIBUTIONS.....***

Anyone wishing to submit an announcement, or story for the newsletter is encouraged to do so by emailing Pam W. at [AAdistrict11@gmail.com](mailto:AAdistrict11@gmail.com)

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# APRIL 2024



## 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.

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## 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 - 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.



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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 fellowship. 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.