



Area 30

Alcoholics Anonymous
General Service Committee
of Eastern Massachusetts



THE MESSENGER

“Connecting with Love, Unity and Service”

Theme of the 74th General Service Conference

MESSAGE FROM THE EDITOR

Volume 45, Issue 6
March 24, 2024

Hello and happy spring, Area 30!

The crocuses are blooming, and so is my enthusiasm for service in Alcoholics Anonymous. Today’s Pre-Conference Area Assembly is an excellent way to get informed—and involved!—in the important issues facing our fellowship today.

As our Delegate prepares for the General Service Conference next month, consider how you might share your view—or your homegroup’s view, or your district’s view, or your committee’s view—on any of the agenda items. You can find the list in English and Spanish [here](#).

Catch you for all the updates at the Post-Conference Assembly in May!

In service,
Catherine RM
Area 30 Messenger Chair/Editor

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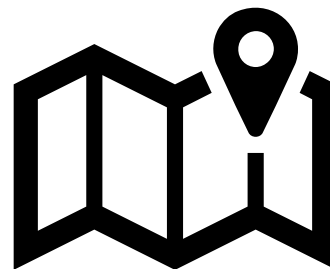
Pamphlets!

OH, THE PLACES OUR ALTERNATE DELEGATE'LL GO!

Hi Folks,

It was a challenging start to the New Year for me, health-wise, but my energy returned just in time to “get busy.”

It was thrilling to attend the North East Regional AA Service Assembly (NERAASA) in Hershey, PA, in February. There were more than 1,300 of us AA's in attendance! Just roaming the hotel corridors filled with our friends from all over the North East Region was a blast. The panels and comments from the microphone were informative and inspiring. Our collective passion is palpable.



I attended with a first-time NERAASA attendee. It was heartwarming to see and hear how she was blown away by the whole event. We AA's create some amazing energy when we come together.

I was also able to attend Northeast Regional Delegate weekend in Albany, NY, in March. The spirit of mentorship was thriving. Most moving to me were the memorials for past delegates who passed away since we convened a year ago. These were men and women who served AA while also helping AA's in need in their own communities by sponsoring, making coffee, giving rides—the stuff we do every day. I heard words from the podium over the weekend such as *solidarity*, *neutrality*, *purpose*, *trust* and *unity*. I was truly blessed to be there.

Finally, springtime is when our Delegate goes into prep mode for the upcoming AA Conference. My job as Alternate Delegate is to acquaint myself with the agenda in case I need to step in as a backup—hopefully not needed though! My other major job is to help the Delegate in any way that I can.

Please join me in wishing Suzanne a meaningful and successful trip to conference this year.

Thank you all for what you do a day at a time to keep this fellowship thriving.

In love and service,

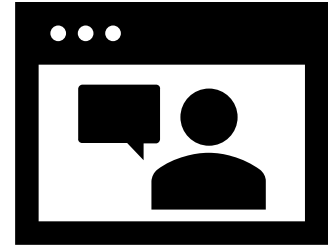
Karen M.

Alternate Delegate

altdelegate@aaemass.org

PUBLIC INFORMATION COMMITTEE UPDATE

It has been a while since PI has posted here so this is an update. The Public Information (PI) Committee has been busy with new and unusual projects. In the past 3-4 years our outreach to health fairs and conventions has been limited, but we have been busy carrying the message to the alcoholics in other ways.



In 2022 we piloted a streaming program that sends videos created by GSO to a variety of platforms, including Spotify and WebMD. This campaign was successful in that it gave us data about certain videos that were more popular than others, and that Sunday was the day that most individuals looked at videos.

In 2023 we arranged for printed public service announcements to appear on the public transit system in and around Boston. It took about 8 months to hash out the details, but the campaign was completed successfully.

We are currently booked into three health fairs and are looking for ways to carry the message. Potential projects we are considering for 2024 are:

1. Using remnant space in national magazines to attract attention to AA
2. Considering a smarter way to use streaming platforms with key words
3. Using a billboard format over Boston to carry the message.

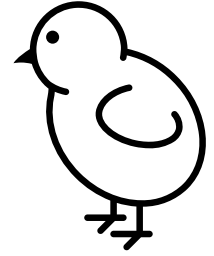
If you have input as to which of these projects we should go forward with please come to the next PI meeting, the first Thursday in April. Meeting details are always on www.aaemass.org.

Amy C.
Public Information Committee Chair
pi@aaemass.org



DISPATCHES FROM A NEW AREA 30 OFFICER

My name is John C. and I am a grateful alcoholic. Well, not all the time, but an old timer once told me that “a grateful heart will never drink.” This year I became an officer for our Area as the Alternate Secretary. Throughout my recovery I have always found that the more service I do, the better I do. Having this position keeps me accountable. It also allows me to spend time with and get to know people who are excited about AA.



AA is a worldwide organization that helps millions of people. Organizations obviously don't run themselves, so if by spending some of my time by going to a few “extra” meetings to help ensure AA is here for future alcoholics, why wouldn't I? If AA wasn't here when I was finally desperate enough to do things differently, I don't know where I would be. Honestly I might not be here at all.

Our responsibility statement makes it pretty clear that if a suffering alcoholic reaches out for help, that the hand of AA should be there. Being an officer gives me an opportunity to make changes to ensure that our Area and possibly AA as a whole keeps up with the changing world we live in. One example was the pandemic. It created a problem with meeting in person, but virtual meetings quickly became available. They became so popular, that people who never might have found a meeting had a whole new opportunity to “go” to meetings. Today, I get to help make sure that new and existing members that now have virtual homegroups get representation, as members of AA, in how AA operates and continues to grow.

This year I attended the North East Regional AA Service Assembly (NERAASA). The Area helped me cover a part of the cost of going. I learned more about AA in a weekend than I have in years. The importance of General Service Representatives (GSRs), District Committee Members (DCMs), the Delegate, Area service, and the General Service Office (GSO) became more clear. I never had any idea what most of those acronyms even stood for! I am a lot of things but I can say with confidence that I am not a secretary. I am disorganized, forgetful, and can barely type, but I have developed some new skills.

I have heard some things about AA service that I can absolutely agree with. The one that I quote most often is that “if it isn't inconvenient then it isn't service.”

John C.
Alternate Secretary
altsecretary@aaemass.org

MSCYPAA

XXXVII

August 16-18



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BRAIN TEASER

1. *What 5-letter word typed in all capital letters can be read the same upside down?*

2. The more you take, the more you leave behind. What am I?

3. *What is more useful when it is broken?*

4. Which fish costs the most?

5. What goes up, but never comes down?

6. *A cowboy rode into town on Friday. He stayed for three nights and rode out on Friday. How is this possible?*

7. What has a neck but no head?

1. SWIMS.
2. Footsteps.
3. An egg.
4. A goldfish
5. Age.
6. His horse's name is Friday.
7. A bottle.

COMMITTEE MEETINGS IN AREA 30

Many Committee Meetings convene virtually. Please see the Area Calendar at aaemass.org or contact Committee Chairs to inquire about location, format, and possible time changes. All are welcome to attend.

General Service Area Committee – chair@aaemass.org

8:00pm – 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

7:00pm – 3rd Thursday 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.

COMMITTEE MEETINGS IN AREA 30 (cont.)

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

7:00pm – 1st Wednesday 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.

COMMITTEE MEETINGS IN AREA 30 (cont.)

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.



Technology Committee – technology@aaemass.org

7:00pm – 1st Tuesday of the month

This committee currently meets jointly with the Website Committee.

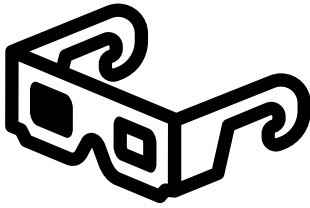
Website Committee – website@aaemass.org

7:00pm – 1st Tuesday of the month

This committee maintains the Area 30 website per assembly action and develops recommendations on the future maintenance of the site. This committee currently meets jointly with the Technology Committee.

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.

ATTENDING TODAY'S ASSEMBLY ONLINE?



Area 30 strongly encourages service sponsorship, especially for those new to work within the General Service Structure. It is important that your service sponsor has some knowledge of how the General Service structure operates. It is important that your service sponsor knows about the position you are serving in. We would suggest that ***anyone willing to be a service sponsor please add an asterisk to the beginning of their name*** so people know who is available and who they can reach out to. Thanks!

SAFETY

It is our desire that all members feel safe here. Whether you are in a recovery meeting, service meeting or AA event, safety is very important to us. If you have any issues at all, please contact the CHAIR so the issue can be addressed. If you wish to learn more about the safety guidelines recommended by the General Service Office, please go to aa.org. Type in the word Safety in the search box and this will bring you to the service material they provide.



HAVE QUESTIONS ABOUT ALCOHOLICS ANONYMOUS?

AA publishes short, easy to read pamphlets to answer almost any question you may have. Scan the QR code here to browse and/or order pamphlets.



Check 'em out!

HERE BY POPULAR DEMAND: A PLACE FOR NOTES

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.