



# Area 30

Alcoholics Anonymous  
General Service Committee  
of Eastern Massachusetts



## *THE MESSENGER*

**“A.A. Comes of Age 2.0: Unified in Love and Service.”**

Theme of the 72<sup>nd</sup> General Service Conference

Volume 44, Issue 5

November 6, 2022

### MESSAGE FROM THE EDITOR

Greetings Area 30,

While I was hoping to see many of you today in person for our Election Assembly, I’m grateful that we have the technology to meet virtually!

I’m also grateful as I reflect back on the last two years of service that this panel of trusted servants has provided. Some wonderful work indeed, in incredibly challenging times.

I’m excited to participate in today’s election assembly to witness humble servants make themselves available and know that they, too, will gladly render service for the benefit of Area 30 and our fellows.

Thank you to those who submitted articles on the topic of Service Gladly Rendered! I hope that readers enjoy the contributions from our fellows.

The January 2023 edition of The Messenger will be my last as editor and you will soon be receiving requests for content from another trusted servant. Thank you for letting me be of service in this way and I welcome any content contributions in the meantime!

Please send your submissions to [Messenger@aaemass.org](mailto:Messenger@aaemass.org).

In love & service,

Carlene J.

Area 30 Messenger Chair/Editor

### IN THIS ISSUE:

Message from the Editor

News from our General Service Office

Service Gladly Rendered

MA State Convention & NERAASA

Word Puzzle

I Heard it Through the Grapevine

Committees in Area 30

Potpourri for \$1

## NEWS FROM OUR GENERAL SERVICE OFFICE

### REMINDER: Contributions Address for GSO Has Changed

A separate post office box has been established for Seventh Tradition contributions only.

Please send contribution checks to:

**Post Office Box 2407**

**James A Farley Station**

**New York, NY 10116-2407**

This dedicated PO box enables GSO to process contributions much more efficiently and at a significant savings to the Fellowship. You also can continue to make contributions online at [contribution.aa.org](https://contribution.aa.org) using a major credit card or PayPal.

For more information or assistance, please contact our Member Services team at [memberservices@aa.org](mailto:memberservices@aa.org) or 212-870-3023.

### Young People's Video Project 2022!

How would you carry the message that would relate to the “young” alcoholic who has yet to come to A.A.?

GSO wants video submissions from A.A. members. WHY? To carry A.A.’s message to young people in high school, college settings, or any setting.

Share your experience!

Submissions should be 2-3 minutes in length and reflect and adhere to the Twelve Traditions of Alcoholics Anonymously, especially A.A.’s anonymity traditions. When filming A.A. members make sure no one is identifiable.

Focus on the experience of getting sober young and reflect the diversity of the Fellowship. Use members stories to help alcoholics identify.

More information about this project can be found here:

[https://www.aa.org/sites/default/files/literature/Young\\_People\\_Project\\_2022\\_Poster\\_EN.pdf](https://www.aa.org/sites/default/files/literature/Young_People_Project_2022_Poster_EN.pdf)

Deadline for submissions: November 7, 2022

Thank you for your participation!

## SERVICE GLADLY RENDERED

I have been fortunate to have the opportunity to serve AA in so many capacities. Not long after I joined, I became a greeter. Not sure if I was volunteered into it, but it helped me to get to know the people in my group. In the same group, I took the positions of secretary, newcomer liaison, set up crew, and literature person. It made me feel connected – to my group, to my higher power – and useful. Before AA, I wouldn't have considered entering into service work. In AA, it helped keep me going, contributed to my momentum. Once I was a secretary in another

group, I had just relapsed, and I went and told the members. They told me to keep the job and stick with it one day at a time, which I did, and haven't picked up a drink since. I've had the honor of serving as a GSR and DCM, outside the group, and with it the chance to see how general service work gets done, and the two way communication between the groups and the delegate. Most of all, I feel grateful. Thank you.

Katharine E.  
Jamaica Plain, MA

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As I navigate toward the end of my 2 year term as Area 30 Secretary, I have these thoughts to share.

Being secretary has been an honor and a privilege. I mean it sincerely. The wonderful fellowship of Alcoholics Anonymous provided me with the safe, inspiring, informational, spiritual, and supportive atmosphere I needed in order to stop drinking alcohol a day at a time. That is undoubtably one of the most precious gifts ever received in my lifetime.

In the spirit of giving back, but not without some trepidation, I embarked on the 2 year term as Area 30 Secretary. I also arrived with the reality of being under the wing of those who came before me and were here to support me. It has been a lot of hard work. It has been an up and down hill battle of deadlines, mistakes, criticisms, and expectations counterbalanced with the accomplishments of generation, making and meeting deadlines, communication, and an arena for learning more. I would not trade it for anything. The gifts far outweighed any perceived negativity. The

encouragement, assistance, education, appreciation, and smiles received were a bounty to the soul, indelibly etched in my heart. Never to be erased are the feelings of accomplishment, warmth of friendships, and hope that in some little way I have been able to help perpetuate the life of this wonderful program so that it may continue to be a light to the sick and suffering.

With that said, I look forward to those who may step forward to take on this task after me. Know that you are not alone. I will always be here to help in any way that I can. I learned that by watching the wonderful Area 30 position holders (all positions) who continue to help coach from the sidelines a day at time.

Come forward all you future secretaries! I applaud your tenure before you begin!

In love and service,

Karen M.  
Area 30 Secretary

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When I came to Alcoholics Anonymous, I had no idea what that term meant. I had been self-absorbed for quite a while and did not look outward. People in the AA meetings I went to welcomed me with open hearts and big smiles-what the heck was wrong with them? I was smelly, disheveled, and alone and I liked it like that. But your welcoming demeanor changed the heart of this alcoholic quickly.

The women who surrounded me early on in my sobriety did regular commitments at the local detox, facilitated a weekly step meeting, and freely sponsored others. Their examples of service gladly rendered were passed on to me by their positive AA work. They had jobs and families, yet AA service work was always just as important in their lives, if not more so. They were "leaders by good example, demonstrating Right Actions and Right

Attitudes by service gladly rendered.” They were “showing the Joy of Living which is the theme of Step Twelve.” They so freely gave it to me, I quickly recognized that I could do the same. Service to the alcoholic, the Group, the Area Committee, the District and to the Area soon became my mantra. It has never seemed like a chore to do service work. Service work is so necessary, and I get to participate in passing our message along! What a treat. And it gives us another day of contended

sobriety. “Authentic joy ... is a feeling of contentment derived from providing good service.” I don’t know if I provide “good service” but the service I partake in so freely has kept me sober for one more day and made my heart full and my gratitude deep.

Mary Jane R., Area 30 Alt. Chair

I’ll never forget the smile on the woman that became my sponsor at my first AA meeting. That group became my home group and still is after 20 plus years.

a home group, having a job in this home group, and attending every week, sharing my experience, strength and hope with others and giving of myself to other women by guiding them through the BB.

She helped me find a power greater than myself that has helped me stay sober by bringing me through the 12 steps of AA. She gladly did this and I am truly grateful for that.

The more I did all of this, the more spiritual experiences I’ve had. These experiences have brought me overwhelming gratitude and I pray to continue to gladly render my experience strength and hope with the AA community and life community.

My higher power used one of my character flaws that I have determined through the 4th and 5th steps. I wanted my sponsor to like me, so I did everything she suggested, studying the BB, joining

Sue N.  
Shrewsbury, MA

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## LET’S KEEP SERVICE ATTRACTIVE

When I first got into service outside the group level, I was attracted to the people and the fun and laughter that I experienced with other service people. I also wanted to help. People wanted to do for others with a spirit of togetherness and comradery, everyone was included, and I truly felt part of.

My thoughts are we are all volunteers, and everyone is doing their best they can to get the job done with little to no help. When I first started coming to Assemblies one of the workshops was: “The best kept secret in AA is Service”, it can bring you to a new level of sobriety as well as introduce you to some of the best people in the world. As the Treasurer of Area 30, I wanted to bring the FUN back to the Finance Committee by calling it the FUNCOM not FINCOM. The other thing that happened this week was that I made several calls to the Chairs of committees to remind them of our October 24, FunCom meeting, and it was wonderful. (Note to self, call people, and see how they are doing.)

At the area meeting we would make friendships and consult other service people about the job we are doing and get some help to make our jobs easier. At Assemblies we looked forward to seeing our friends and meeting other people. So, with Covid and not meeting in person I feel not as much part of. I have experienced people’s judgements as an attack against the whole. Who is better than, who thinks a job can be done better, comments about districts etc. Then I think of the Concepts about not being punitive, so I go to Rule 62. Don’t Take Myself So Seriously” and just enjoy where I am.

My suggestion is smile more, say hi more, and enjoy being with us, other service people without judging so harshly and remember Rule 62. Thanks for reading this.

Virginia M. Area 30 Treasurer

## MA STATE CONVENTION – NEXT WEEKEND!



The **58th MA State Convention** will be held on **November 11th through the 13th** at the Sturbridge Host Hotel, 366 Main Street, Sturbridge, MA. The convention is put on by Area 30 Eastern MA and Area 31 Western MA.

Please join us for a weekend of fun, fellowship and recovery! As well as:

- G.S.O. Theme Presentations
- Saturday Night Speaker
- Jeopardy
- Home Group Celebration
- Saturday Evening Dance
- Marathon Meetings
- Fellowship Breakfasts
- Panels
- Spanish and Al-Anon Participation

Register at: <https://aamastateconvention.org/convention-registration-information/>

If you have any questions or would like any additional information, please contact:

Paul H. - 2022 MA State Convention Chair & Immediate Past Delegate for Area 31, Western MA  
[mastateconv@area31aa.org](mailto:mastateconv@area31aa.org).

Hope to see you at the convention!

### **NERAASA: Northeast Regional AA Service Assembly: Feb 23-26, 2023 in Albany, NY**

#### **What is the purpose of NERAASA?**

The purpose of the Northeast Regional Alcoholics Anonymous Service Assembly (NERAASA) is for GSRs, DCMs, Area Committee Members and Intergroup and Central Office Representatives of the Northeast Region to discuss General Service Conference related issues and concerns affecting AA as a whole, as well as pertinent aspects of recovery, unity and service common to the Areas of the Northeast Region.

#### **What happens at NERAASA?**

NERAASA is a weekend of Panel Presentations and Floor Discussions on Issues Affecting A.A. Today; the Northeast Regional Trustee's Report; Saturday Dinner followed by an A.A. Speaker Meeting. In

addition, there are several Round Table Sharing Sessions throughout the weekend. They include (but are not limited too); General Service Representatives (GSR's), District Committee Members (DCM's), Archives, Cooperation With The Professional Community (CPC), Public Information (PI), Correctional & Treatment Facilities (CTF), Grapevine, Area/Panel Officers, Central Office/Intergroups, Website, Alternate & Area Delegates.

#### **Who should attend NERAASA?**

ALL A.A. MEMBERS ARE WELCOME AND ENCOURAGED TO ATTEND!

More info at: [www.neraasa.org](http://www.neraasa.org)

# Brain Teaser

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

Find the word in the puzzle.

Words can go in any direction.

Words can share letters as they cross over each other.

ACCEPT

COURAGE

GOD

LOVE

PREAMBLE

SERENITY

SOBER

WILLING

ASSEMBLY

DAILY

GRAPEVINE

MEETING

PROGRESS

SERVICE

STEPS

WISDOM

CONCEPTS

DEFECTS

LEGACY

POWERLESS

REPRIEVE

SIMPLE

TRADITIONS

# I HEARD IT THROUGH THE GRAPEVINE

**FREE SHIPPING!**

November 1-December 31  
Books  
& other items

Gift Certificates,  
Subscriptions  
& eBooks  
also available

**STORE.AAGRAPEVINE.ORG**  
(800) 631-6025



*Holiday Gifts*

FREE SHIPPING!

**Tell us what you think...**



Grapevine is developing a smartphone app for both Grapevine and La Viña magazines.

The app will be a hand-held control center for all things Grapevine and La Viña. Take a look at our list of features and ideas on the right—we want your input and ideas too. Let us know your thoughts.

Email us at [social@aagrapevine.org](mailto:social@aagrapevine.org)  
Put **"App Ideas"** in the subject line.

## Grapevine and La Viña Apps

Imagine having all of this at your fingertips:

- Scroll through monthly magazine
- Archives of every magazine since 1944
- Search tool
- Audio playlist of every current article
- Popup day count
- Input your meeting schedule
- Create a Daily Spiritual Maintenance Checklist
- Podcast link
- Daily Quote
- Meeting Guide
- Sobriety Calculator
- Build a library of favorite articles
- Grapevine Store
- Link to YouTube channel

## COMMITTEE MEETINGS IN AREA 30

Many Committee Meetings are still meeting virtually. Please see the Area Calendar at [aaemass.org](http://aaemass.org) or contact Committee Chairs to inquire about virtual vs. in person 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](mailto:chair@aaemass.org)

8pm – 4th Wednesday of the month

**Note:** 3<sup>rd</sup> Wednesday in November & December

**Accessibilities Committee** – [accessibilities@aaemass.org](mailto:accessibilities@aaemass.org)

6:30pm - 3<sup>rd</sup> 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](mailto:archives@aaemass.org)

7:30pm – 3<sup>rd</sup> 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](mailto:cpc@aaemass.org)

7:00pm – 2<sup>nd</sup> 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](mailto:corrections@aaemass.org)

7:00pm – 4<sup>th</sup> 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](mailto:grapevine@aaemass.org)

1:00pm – 1<sup>st</sup> 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.*



## COMMITTEE MEETINGS IN AREA 30 (cont.)

### Literature Committee – [literature@aaemass.org](mailto:literature@aaemass.org)

7:00pm – 1<sup>st</sup> 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](mailto:pi@aaemass.org)

7:00pm – 1<sup>st</sup> 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](mailto:treatment@aaemass.org)

7:00pm – 3<sup>rd</sup> 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](mailto:website@aaemass.org)

7:00pm – 4<sup>th</sup> Thursday 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

➤ **NERAASA 2023**

NERAASA 2023 is being hosted by Area 48, Hudson Mohawk Berkshire, NY. It will be held February 23-26, 2023 in Albany, NY. Register and learn more at [www.NERAASA.org](http://www.NERAASA.org).

➤ **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](mailto: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](mailto:serviceseminar@aaemass.org).

➤ **2025 International AA Convention**

The International Convention will take place from July 3 - 6, 2025, at the Vancouver Convention Centre and BC Place Stadium, in Vancouver, British Columbia, Canada. Taking place once every five years, the A.A. International Convention marks the anniversary of Bill W.'s first meeting with Dr. Bob and the birth of Alcoholics Anonymous in 1935. A.A. members and their families and friends from around the globe attend the event. At the International Convention people attend meetings, workshops, dances and events. A highlight is the traditional flag ceremony to celebrate sobriety worldwide. More details can be found at: <https://www.aa.org/international-convention>.

➤ **Next Assembly**

Mark your calendars so you don't miss out on the fun!

January 8, 2023

Kickoff Assembly

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](http://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](mailto:messenger@aaemass.org). Please include your confidential contact information.