



Area 30

Alcoholics Anonymous
General Service Committee
of Eastern Massachusetts



THE MESSENGER

“Working Together, Increasing Trust”

Theme of the 75th General Service Conference

MESSAGE FROM THE EDITOR

Hello, Area 30!

I am honored and privileged to serve as your new Messenger Chair/Editor for the next 2 years. I wish to acknowledge Catherine RM, who directly preceded me and to thank her for helping me begin this new endeavor.

This is **your** Area 30 newsletter, and in that vein, please feel enabled to call or email me with suggestions and of most importance, submissions. Let’s work to make this newsletter a valid source of information for interested AA’s. Committee Chairs – please start sending items of interest!!!

One new inclusion this Panel is the **Meet the Districts** section. We have started off with an overview from District 26. If you would like your District included in the next or future editions, please contact me by email at messenger@aaemass.org.

Looking forward to a great Panel 75!

IL&S,
Karen M.
Area 30 Messenger Chair/Editor

Updated 1/8/2025

Volume 46, Issue 1
January 5, 2025

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KEEPING OPTIMISM AFLOAT

The other Steps can keep most of us sober and somehow functioning. But Step Eleven can keep us growing, . . .

— THE LANGUAGE OF THE HEART, p. 240

A sober alcoholic finds it much easier to be optimistic about life. Optimism is the natural result of my finding myself gradually able to make the best, rather than the worst, of each situation. As my physical sobriety continues, I come out of the fog, gain a clearer perspective and am better able to determine what courses of action to take. As vital as physical sobriety is, I can achieve a greater potential for myself by developing an ever-increasing willingness to avail myself of the guidance and direction of a Higher Power. My ability to do so comes from my learning—and practicing—the principles of the A.A. program. The melding of my physical and spiritual sobriety produces the substance of a more positive life.

A SPACE FOR NOTES

Messages....

From our new Delegate!

Happy New Year to us all!


And let's welcome another new Panel to Area 30, Eastern Mass, Panel 75. I am grateful to be able to serve as the Delegate this Panel. The newly seated Panel brings a lot of good AA energy and wisdom to our Assemblies. Working together for the good of AA and the newcomer, we can soar.

I appreciate your faith and trust in me and vow to bring the consensus of Area 30 to the Conference in late April. I plan to do in person outreach to your District or Committee, if you will have me. I will reach out if I do not hear from you. Let's have a conversation about what's going on at the General Service Office, the General Service Board, and Grapevine and La Vina, along with your District, Group, or Committee so I can bring our thoughts and ideas to the Conference.

The energy and excitement of being able to do the work of Alcoholics Anonymous is upon us! The preliminary agenda items are available and more will be added after the Board weekend in late January. Please let me know your thoughts on these items and we will help Alcoholics Anonymous reach more sick and suffering alcoholics and the people who work with them.

I am open to questions and ideas, please reach me at delegate@aaemass.org.

Yours in service,
Mary Jane



Save the date!
The Pre-Conference
Assembly is April 6th and
hosted by District 20!!

Meet the Districts!

(Contact Messenger@aaemass.org if you would like to feature your District for the March Edition. First come first serve.)

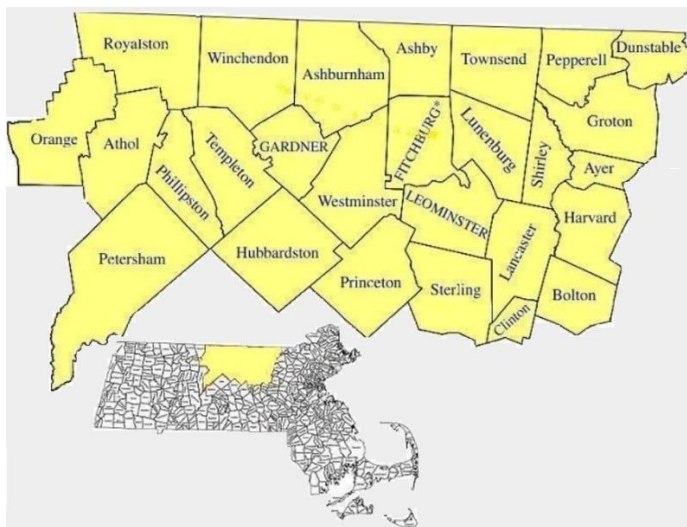
Happy New Year from District 26! We are honored to help kick off the newly formed **“Meet the Districts”** section of The Messenger.

District 26 represents 27 towns and cities in northwest Worcester and Middlesex counties. Those towns and cities are home to 80 home groups and those home groups host 112 meetings each week, both in-person and online. We are fortunate to have such an active recovery community!

Our District meets the first Thursday of each month at 7:00 p.m. at the Emmanuel Lutheran Church located at 1200 John Fitch Hwy in Fitchburg, MA. We typically have 25-30 GSRs, Committee Chairs, Alternate Committee Chairs and DCMs present both in-person and online and we are always looking for ways to get new members active. Imagine if we had active GSRs and Alternate GSRs for each of our 80 meetings present every month – we would definitely need to find a larger meeting space!

District 26 also boasts an amazing Activities Committee that hosts fantastic events such as holiday Alkathons, an annual comedy show, dances, Woo Sox games, and whale watches to name a few. Looking for a meeting in our area? Want to know what upcoming events you can attend? You can find that information and so much more about us at [District 26 | AA General Service Committee of Area 30](#). Check us out!

Yours in service, Donna B., DCM D26



EACYP AAMA

XXI

**FEBRUARY
13-16TH 2025**

**HILTON
BOSTON
PARK PLAZA**

YOUR IMAGINATION WILL BE FIRED



PRE-REGISTER AND BOOK YOUR ROOM NOW

MORE INFO AT EACYP AAMA.ORG

Messages...

From our new Area 30 Chair!

Greetings Area 30,

My name is Joe R., and it is both an honor and a privilege to serve as your Area Chairperson. I want to extend my heartfelt thanks to each of you for your dedication and service to Area 30 and Alcoholics Anonymous. The new panel is excited to be of service, and we're looking forward to working together in the coming year.

I am pleased to share that all of our committee chair positions have been filled, and most of our alternate positions have also been filled. However, we are still eager to get more people involved! If you're interested in serving or would like to learn more about opportunities to contribute, please feel free to reach out to me directly at chair@aaemass.org.

Additionally, all of our committees are always looking for more participation. The Area 30 Calendar, available on aaemass.org, lists all upcoming committee meetings. Please note that all meetings are held virtually, making it easier for you to attend and get involved from anywhere.

Lastly, we launched a mailing list last year to help keep everyone informed. If you haven't subscribed yet, you can do so at aaemass.org.

Thank you again for your continued commitment to Alcoholics Anonymous. I look forward to working alongside you to support the work of our Area.

Warm regards,
Joe R.
Area 30 Chairperson
chair@aaemass.org



Alcoholics Anonymous
General Service Committee
of Eastern Massachusetts



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

7:30pm – 4th Wednesday of the month *in even-numbered months*

Note: 3rd Wednesday in December



Accessibilities Committee – accessibilities@aaemass.org

7:30pm - 3rd **Monday** of the month

Note: 2nd Monday in December

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 **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.

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.

COMMITTEE MEETINGS IN AREA 30 (cont.)

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.



Technology Committee – technology@aaemass.org

7:00pm – **2nd Monday** of the month

This committee currently meets jointly with the Website Committee.

Website Committee – website@aaemass.org

7:00pm – **2nd Monday** 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.



AA Mass State Convention

November 14–16, 2025

First planning meeting will be on Jan. 28th at [Royal Plaza 181 Boston Post Road W., Marlborough.](#)

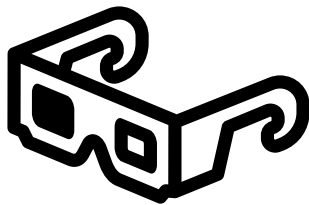
Please come join us!!!!

Zoom ID t.b.s.

Passcode t.b.s.

<https://aamastateconvention.org/About.html>

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 a hashtag 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.



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.