# PASS IT ON NEWSLETTER FALL 2020

**Newsletter for Mid-Island Intergroup Society** 

**Digital Copy only** 



## THIS ISSUE: OUR FUTURE

DO YOU SUPPORT THE SERVICES OF An AA Intergroup office in your area?

- WHAT DOES INTERGROUP DO?
- CLARIFYING ROLES OF INTERGROUP AND DISTRICTS/AREA - BENEFITS OF HAVING BOTH
- THE STEPS AND PRINCIPLES OF AA
- 7TH TRADITION
- GROUP INVENTORY TOOL
- NEW VIDEO/AUDIO RESOURCES FROM WWW.AA.ORG

MID ISLAND INTERGROUP CENTRAL OFFICE



# Our Future is in 40UR HANDS

What do you WANT?

Hopefully after you read a little bit more in this AA
NEWSLETTER - that is put out by volunteers at Mid Island
Intergroup Society - you will learn a little bit more about
what your Intergroup OFFICE does AND
IF and HOW it is something you and your group - chooses to support it moving forward.

#### **MAIN POINTS**

- The City of Nanaimo gave us notice to vacate our office on Prideaux Street, as they had alternate plans for the building we were in previously. At that time we were shut down for Co-Vid reasons and had considered a new office space may be something in our future for other reasons, so we had begin to look early in the year for possible new location.
- COVID-19 continues to change the way we operate; opening some new doors and closing others.
- We are actively looking for possible new locations with a Commercial Realtor however, the price we previously paid per month, (\$250//month) is not comparable to the present day market
- The Intergroup Operating Committee, as well as the monthly Intergroup Rep meetings are continuing to meet and decide between Brick & Mortar new location, completely Virtual, or a combination thereof. More specifics below

THE RESILIENCY OF OUR PROGRAM DURING THE LAST RECENT MONTHS OUR UNITY STATEMENT:



### **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.

Intergroup Operating Committee
Chair - Claudette H.

**Vice Chair - STILL OPEN** 

Secretary - Gina T Treasurer - Theresa H Website Chair - Christine C Archives Chair - Sabrina P \*\* Literature Chair - Lacey K Newsletter Chair - Tammy M

Telephone Answering Chair - OPEN

Member at Large - Kari F Member at Large - Laurie S\*\* \*\*WARM WELCOME - NEWLY Elected\*\*

#### Thank you to ALL of our....

Volunteers who are still answering our phone lines and replying to emails. Literature Sales are also available by phoning/emailing and making pick up arrangments with our Literature Chair Volunteer. So many are volunteering their time and services in our community.

Thank you

## Deciding if you and your group supports an Intergroup Operating Committee/Office:

- Please recognize that as an Intergroup we represent YOU
- Please take the time to see what Intergroup DOES
- see Infographic on this page and read forward in this Newsletter for more resources
- Please talk to your group and if you don't have an Intergroup REP consider electing one.
- Understand the Benefits of having BOTH
  Districts/Area General Service REPS **AND**Intergroup REPS and Operating Committee the
  differences and the benefits.

In a NUTSHELL - to have a new location for an Intergroup Central Office be financially sustainable, it is going to take some understanding of what is involved to make this happen as a WHOLE AA Community.

The Intergroup Operating Committee and Intergroup Reps are continuing to meet to consider all of the ways that the functions and operations could be altered to:

- cut costs in some ways; create new solutions for present costs
- what it would actually take to cover costs to have a new office location (our projected budget suggests \$700/month for rent)
- which, if any, of our services could be offered virtually and how they would work specifically i.e. volunteer/paid positions?

Some Highlights of the types of topics the Operating Committee are considering are:

- Literature/Pamphlet/Medallion Services
- Accounting and record keeping
- Our Monthly Operations/Intergroup Representative Meetings moving forward
- Meeting Lists (available for those who may not have web access)
- Telephone Answering Services
- Website and Newsletter best practices
- Archives
- CoVid Safety
- Financial Sustainability 7th tradition
- Volunteer possibilities new Service positions

#### ALSO KNOWN AS CENTRAL OFFICE

# WHAT DOES MID-ISLAND AA INTERGROUP SOCIETY DO?



## MAINTAINS OUR LOCAL WEBSITE HOSTING & MAINTENANCE

All Volunteer Hours/Service Provided

Your 7th tradition (donations) also support this invaluable tool

- Provides Updated Meeting Information both in person, on-lin and combination (hybrid meetings)
- General and Specific Information about AA to both the new comer, the public and our membership.
- On-Line Newsletter
- Information about upcoming Service Meetings (Intergroup, Intergroup Operating Committee and District etc) and what they are up to and what you are needing as members.
- · Information about upcoming service opportunities
- Information about upcoming Workshops available i.e. Anonymity in The Digital Era, Sponsorship, Forums provided by other areas/districts
- Links to other on-line resources for the Alcoholic
- AA World Service Literature and Links
- Operating Committee; Keeps track of donations and finances, upholds Society Act standards, and host monthly meetings fo Intergroup Reps.

## LITERATURE AND MEDALLIONS

Volunteers help provides opportunity for sales of literature and other tools that support AA meetings and their members





## COMMUNICATION AND INFORMATION

- 24 HOUR Phone answering service
- Email answering service \*\*all volunteer run\*\*
- \*\* Paramount to our Tradition 5 which states 'Our primary purpose to be there for the alcoholic who still suffers\*\* Answers questions about AA and AA resources in our Community as well as provide 12 STEP SUPPORT TO THOSE who have a desire to quit drinking (Tradition 3) Information to members, public and most importantly THE NEW-COMER

## ARCHIVES AND LENDING LIBRARY

Keeps our history safe and resources available for lending for those who need it.





#### FLYERS AND NOTICES

Available to groups when we have a brick and mortar office space again. Group members can come pick up their mail to pass back to the group secretaries to read to their groups. It is a great way for our groups to stay connected and informed.

DO YOU SEE VALUE TO SUPPORT THIS IN OUR COMMUNITY
WE ARE FULLY SELF SUPPORTING - AS PER OUR 7TH TRADITION
TO HAVE AN INTERGROUP IN OUR COMMUNITY IS A HUGE
ADVANTAGE AND PRIVILEGE. THIS MEANS THAT ALL OF THESE
ABOVE SERVICES DO NOT ALSO FALL ONTO THE
GSR/DISTRICTS/AREAS

WHO ALREADY HAVE THEIR OWN SERVICE RESPONSIBILITIES TO UPHOLD AND PERFORM TO THE BEST OF THEIR ABILITIES.

VISIT US AT WWW.NANAIMOAA.ORG

**HOW COME?** DIFFERENCES **EXPLAINED** 

## INTERGROUP CLARIFYING ROLES IN COMPARISON TO DISTRICT/AREA WHY BOTH?

One way I heard this explained was:

District/Area - represented by GSRs (Group Service Representatives) mainly focuses on communication **between** our group members in our **Area 79** (Districts 5, 6 & 7) and GSO (General Service Office) in New York. Local meetings happen monthly, and Assemblies happen quarterly and trusted delegate goes to world service conference

it will be seen how this moves forward with these having taking place on-line through: zoom - which saves a lot of travelling costs and both opens up participation for some, and

may limit participation for others \*\* changing times may see this evolve

Groups

Have a look at this AA pamphlet: Reprinted from Circle of Love p-45 pamphlet with permission of A A World Services Inc."

**CLICK HERE** 

permission of A.A. World Services, Inc.

The above graphics used here are with

Where in this regard - Intergroup does not directly concern itself with the annual AA conference business. However, there is a growing realization from Areas and World Service that Intergroups would benefit from increased presence in the AA structure, i.e. workshops at quarterlies.

Intergroup would not be a voting body at AAWS as that is what the GSRs and DCMs do Area/Districts have their own areas of service and are also stretched with limited volunteer time and resources.

They are both structured like upside down triangles with members the leaders, the service positions are trusted servants. They don't actually cross over in their roles and services and by doing a little reading you can see more specifically how they differ.

\*\*more is explained in the previous June issue of Pass it On Newsletter\* and here are TWO more suggested resources to help explain the differences/functions and how they are separate - yet - united.

Where an Intergroup focuses on communications between/among its own community and VERY IMPORTANTLY those who may serve one day (newcomers) through its members (Intergroup Reps meet monthly) and Operations Committee \*see front page of this newsletter to see the roles and who is volunteering for them currently)

Intergroup Central Office, by its existence and operations, helps districts function more smoothly. Without an Intergroup they would have to set up their own website that lists meetings and notices to members, sell literature at their own expense and all the other operations that the Intergroup offers.

> This on-line AA approved pamphlet MG-02 explains Intergroup in full Direct link by clicking on Yellow Click Here Symbol



**Central** or **Intergroup Offices**  **CLICK HERE** 

OVERALL ANSWER TO 'WHY BOTH?': WE ARE AT AN ADVANTAGE IN OUR COMMUNITY TO HAVE BOTH ENTITIES TO SERVE OUR MEMBERS PURPOSES IN AN EXPANDED WAY - THEY ARE IN COOPERATION WITH EACH OTHER. DISTRICTS THAT MAKE UP OUR AREA 79 WOULD HAVE TO TAKE ON THE SERVICES CURRENTLY PROVIDED BY INTERGROUP ON TOP OF THEIR ALREADY FULL PLATES. WE ASSIST THEM TO HAVE THING RUN MORE SMOOTHLY.

## **QUESTION TIME - WHAT WOULD YOU LIKE TO KNOW?**



WHY DO THE TWELVE STEPS?

AND WHAT ARE

THE PRINCIPLES OF AA

THAT THEY MENTION A FEW

TIMES IN

HOW IT WORKS IN THE BIG BOOK

OF ALCOHOLICS ANONYMOUS?

Do you have a question you would like answered? or a discussion topic?

PLEASE EMAIL - PASSITONNEWSLETTERCHAIR@SHAW.CA



## 1ST THINGS FIRST

## **ALCOHOLICS**ANONYMOUS



OTHE ABOVE GRAPHIC IS USED WITH PERMISSION OF A.A. WORLD SERVICES, INC.

#### What is the Big Book of Alcoholics Anonymous?

Simply put it is the 'basic text' that has helped large numbers of alcoholic men and women to recovery. There are four editions; 1939, 1955, 1976 and the 4th in 2001. Chapters describing the A.A. recovery program remain unchanged, however new stories have been added to the personal histories.

Written by William G. "Bill W." Wilson, one of the founders of Alcoholics Anonymous (AA) and many of the first 100 members of the group, the composition process was collaborative, with drafts of the book sent back and forth between Bill W's group in New York and Dr. Bob, the other founder of A.A., in Akron, OH.

The Steps are Outlined in Chapter 5 in the Big Book as part of the Chapter called 'How It Works' The steps are on pg. 59 and can be found on all AA conference approved literature and multiple websites

#### WHY DO THE TWELVE STEPS?



- \*\*To discover the obstacles that get in the way of my connection with God (or a Higher Power) \*\*
- "To practice the Principles of AA"

## WHY DO THE STEPS?

### **SOME OF THE ANSWERS I GOT:**

- STAY SOBER
- LEARN ABOUT MYSELF AND THE DISEASE OF ALCOHOLISM
- MAINTAIN MY SPIRITUAL MAINTENANCE
- GET TO KNOW OTHERS
- GET TO SHARE MY EXPERIENCE, STRENGTH AND HOPE
- GET OUT OF MY OWN SELF-CENTRED WAY PRACTICE HUMILITY
- BECAUSE MY SPONSOR TOLD ME TO

## WHAT ARE THE PRINCIPLES OF AA?

Bill W. considered each step to be a spiritual principle in and of itself. However, particularly in the 12 & 12, he outlined the spiritual principles behind each step. Some of them seem like common sense, but understand going into the exercise that reading these principles and actually practicing them in your day-to-day lives are two entirely different things (and that the latter requires vigilance and willingness).

HONESTY - Fairness and straight forwardness of conduct: adherence to the facts.

HOPE - To expect with desire; something on which hopes are centered.

FAITH - Complete confidence; belief and trust.

COURAGE - Firmness of mind and will in the face of extreme difficulty; mental or moral strength to withstand fear.

INTEGRITY - The quality or state of being complete or undivided; soundness.

WILLINGNESS - Prompt to act or respond; accepted and done of choice or without reluctance.

HUMILITY – Not proud or haughty; not arrogant or assertive; a clear and concise understanding of what we are, followed by a sincere desire to become what we can be.

LOVE - Unselfish concern that freely accepts another in loyalty and seeks his good to hold dear.

DISCIPLINE - Training that corrects, molds, or perfects the mental faculties or moral character; to bring under control; to train or develop by instruction.

PATIENCE/PERSEVERANCE – Steadfast despite opposition or adversity; able or willing to bear; to persist in an understanding in spite of counter influences.

AWARENESS - Alive and alert; vigilance in observing.

SERVICE - A helpful act; contribution to the welfare of others; useful labor that does not produce a tangible commodity.

By Unknown Author

## AA GENERAL SERVICE OFFICE HAS SOME RESOURCES CLICK BELOW TO ACCESS THE WEBPAGE TO READ THEM YOURSELF



**CLICK HERE** 



#### WHERE MONEY AND SPIRITUALITY MIX

Members celebrate sobriety by giving time, energy and money in support of our Twelfth Step—carrying the message—the basic service that the A.A. Fellowship offers. Members assure that group expenses are paid by putting money into the basket passed at each meeting. It is each member's responsibility to support the services that have been requested by the A.A. Fellowship, to help facilitate A.A.'s vital Twelfth Step. Contributions are made in a spirit of sacrifice, and they honor A.A.'s code of "love and service." Contributions also underscore the spiritual nature of our Fellowship and our mutual love and trust. We have found that these contributions are as important to each member as they are to the service centers supported.



"I HAVE A Monthly System Set up so I don't Forget' Linda R



'WAY LESS THEN I USED TO SPEND ON MY ALCOHOL EVERY DAY TAMMY M



'ITS MY WAY TO SHOW MY GRATITUDE' JERRY C

#### **SELF-SUPPORT**

The Seventh Tradition states that Alcoholics Anonymous is self-supporting through our own contributions. The contributions help to cover the group's expenses. But the Seventh Tradition is more than simply paying for rent and other group expenses. It is both a privilege and a responsibility of individual groups and members to ensure that our organization, at every level, remains forever self-supporting and free of outside influences that might divert us from our primary purpose.

The monetary amount of each contribution is secondary to the spiritual connection that joins us in unity with A.A. groups around the world.

Service Material from the General Service Office

#### **SOME THINGS TO THINK ABOUT**

#### Some facts:

- Currently about 43.7% of groups contribute to the General Service Office.
- Costs of Services provided by G.S.O. (as of 2018) are approximately \$7.40 per member per year.
- Gross profit from A.A. literature sales account for over 50% of G.S.O.'s revenue.
- Your contributions help ensure the future of our Fellowship worldwide.

#### Personal thoughts:

- What is the value of your sobriety?
- Does your group know that contributions may be made online at AA.org?
- Gratitude, expressed through contributions, reaches the still-suffering alcoholic.

50M - 07/18 (GP)

F-42

66 AA IS PRICELESS - TREATMENT IS WHERE IS Spent 30,000 to truly understand that. Sam D

## THESE ARE BUT SUGGESTIONS - PLEASE READ THE PAMPHLET FOR MORE INFORMATION

#### Samples of Group Contributions to A.A. Service Entities\*

Distribution Plan of \_\_\_\_\_\_(YOUR GROUP NAME)

Your Group Service # \_

(Be sure to write group name and service # on all contributions.)

To be determined by YOUR group

- % to district
- % to area committee
- % to G.S.O.
- \_\_\_\_% to intergroup or central office
  - % other A.A. service entities
- % other A.A. service entities

#### OR



10% to district

10% to area committee

**30%** to G.S.O.

**50%** to intergroup or central office

#### OR

If you have no intergroup/central office.



40% to district

**30%** to area

**30%** to G.S.O.

From "Self-Support: Where Money and Spirituality Mix."



THE ABOVE GRAPHIC IS USED WITH PERMISSION OF A.A. WORLD SERVICES. INC.

I MAKE SURE TO DO A YEARLY DONATION TO COINCIDE WITH MY SOBER Birthday Everyyear. Next year will be \$10 for ten years that I owe to aa and how it works in my life Donna L

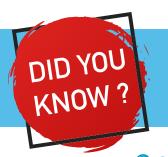
## A TOOL FOR YOUR GROUP

A.A. Group Inventory

Many groups periodically hold a "group inventory meeting" to evaluate how well they are fulfilling their primary purpose: to help alcoholics recover through A.A.'s suggested Twelve Steps of recovery. Some groups take inventory by examining our Twelve Traditions, one at a time, to determine how well they are living up to these principles. The following questions, compiled from A.A. shared experience, may be useful in arriving at an informed group conscience.

Groups will probably wish to add questions of their own, especially in times of such change and transition with on-line/combination meetings:

- 1. What is the basic purpose of our group?
- 2. What more can our group do to carry the message?
- 3. Is our group attracting alcoholics from different backgrounds? Are we seeing a good cross- section of our community, including those with special needs?
- 4. Do new members stick with us, or does the turnover seem excessive? If so, why? What can we as a group do to retain members?
- 5.Do we emphasize the importance of sponsorship? How effectively? How can we do it better?
- 6. Are we careful to preserve the anonymity of our group members and other A.A.s outside the meeting rooms? Do we also leave what they share at meetings behind?
- 7. Does our group emphasize to all members the value of keeping up with the kitchen, set-up, cleanup and other housekeeping chores that are essential for our Twelfth Step efforts?
- 8. Are all members given the opportunity to speak at meetings and to participate in other group activities?
- 9. Mindful that holding office is a great responsibility not to be viewed as the outcome of a popularity contest, are we choosing our officers with care?
- 10. Are we doing all we can to provide an attractive and accessible meeting place?
- 11. Does our group do its fair share toward participating in the purpose of A.A.—as it relates to our Three Legacies of Recovery, Unity, and Service?
- 12. What has our group done lately to bring the A.A. message to the attention of professionals in the community—the physicians, clergy, court officials, educators, and others who are often the first to see alcoholics in need of help?
- 13. How is our group fulfilling its responsibility to the Seventh Tradition?



# THERE ARE NOW VIDEO AND AUDIO TOOLS AS PART OF WORLD SERVICE WEBSITE - WWW.AA.ORG

HTTPS://WWW.AA.ORG/PAGES/EN\_US/VIDEOS-AND-AUDIOS#VIDEO-PLAYER

## HERE ARE A FEW TOPICS TO LISTEN & WATCH!

PRESS HERE FOR DIRECT LINK

Public Service Announcements (P.S.A.s)

Sobriety in A.A.: We made changes to stop drinking

Sobriety in A.A.: Opening doors to a life without drinking

Sobriety in A.A.: Since getting sober, I have hope

**Videos for Professionals** 

A.A. Video for Healthcare Professionals

A.A. Video for Legal and Corrections Professionals

A.A. Video for Employment/Human Resources Professionals

Public Service Announcements (P.S.A.s)

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Sobriety in A.A.: Opening doors to a life without drinking

Sobriety in A.A.: Since getting sober, I have hope

Why Anonymous?

Why Anonymous? Visit Public Info Portal

American Sign Language (ASL) Press Releases

Twelve Steps and Twelve Traditions - American Sign Language (ASL) Press Release

Big Book Fourth Edition - American Sign Language (ASL) Press Release

**Videos for Young People** 

Young and Sober in A.A.: From Drinking to Recovery

25 and Under

**Alcoholics Anonymous** 

Young People's Animation Video

On the Beach

A Group of People Just Like Me

Twelve Concepts for World Services Audio Version - by Bill W. Preface Copyright The Twelve Concepts (Short Form) The Twelve Concepts (Long Form) Introduction Concept I Concept II Concept III Concept IV Concept V Concept VII Concept VI Concept VIII Concept IX Concept X Concept XI Concept XII