

Area 76 Tributary

Representing Alcoholics Anonymous in Wyoming

<http://www.area76aawyoming.org>

Information available on website (to name a few)

- Area Guidelines (Anonymity, Assembly, Convention, Finance, Service and Procedures Manual, and Website Guidelines)
- Area 76 Member Forms and Reports (AA Group History, Budget Request, Committee Report, DCM Report, District Report, Expense Reimbursement, Floor Actions, Group-Information Change, New Group, and Officer Report)
- Calendar of Events
- Contribution Information to Area 76 and the General Service Office
- Delegates Corner
- Hotline Numbers and Contacts
- Meeting Lists
- Online Meetings
- Tributary

Who we are:

Area 76 is comprised of the entire state of Wyoming and has 12 Districts within its boundaries. We are part of the West Central Region that includes Wyoming, Montana, South Dakota, North Dakota, Nebraska, Iowa, and Southern and Northern Minnesota Areas.

I offered to assume the duties as Tributary chair to see if it would be beneficial. I believe the Tributary is a valuable Area 76 tool, but it is up to the individual members, groups, districts, and area chairs and area officers to make the Tributary a success. I would encourage each district to consider having a Tributary contact in your district. This would allow the voice of each district to be represented in each issue. Thank you everyone who has submitted articles during this rotation. I appreciate your support. With Gratitude – Mary M.

Upcoming Events

Second Friday every month
Speaker Meeting 7-8 pm
Cheyenne Alano Club and Zoom
1904 E. 15th St.
Cheyenne

November 6, 2021
Gratitude Banquet (Potluck)
3-7 pm
Kiwanis Community House
4603 Lions Park
Cheyenne

February 4-6, 2022
Greeley Stampede
Island Grove Park
Greeley, CO

March 25-27, 2022
2022 Winter Business Assembly
Cody Holiday Inn
Cody

June 3-5, 2022
Save the Date
2022 Spring Convention
Sheridan

Area Officers

Delegate: Ramona B. (Rock Springs)
Alt. Delegate: Mary M. (Cheyenne)
Chair: Kathi C. (Sheridan)
Secretary: Laurie J. (Sheridan)
Treasurer: Lindsay S. (Gillette)
Registrar: Tim B. (Riverton)
Archivist: Jeff M. (Cheyenne)

Area Committee Chairs

Archives: Open
Corrections: Steve M. (Gillette)
Finance: Diane P. (Jackson)
GAP: Michelle M. (Casper)
Grapevine: Brook R (Jackson)
Guidelines/Reports & Charter: Tim C. (Laramie)
Literature: Andrea A. (Laramie)
PI/CPC: Cindy M. (Thermopolis)
Treatment (handling Bridging the Gap) & Accessibilities: Frank B. (Casper)
Tributary: Mary M. (Cheyenne)
Web: Cody B. (Casper)

REFLECTIONS FROM TRUSTED SERVANTS ON SERVICE

Twelve things I heard during my term as delegate that remain meaningful to me.

1. Wisdom is more about intelligence and love than time and experience.
2. Patience, tolerance, kindness, and love is always the best path.
3. Without recovery there can be no unity or service.
4. There is no "They" in Alcoholics Anonymous.
5. My experience doesn't set the standard for other's recovery.
6. Rotation is an action not conceptual.
7. We don't own AA. We belong to it, and we must share it with others who suffer.
8. Listen like you have no opinion-like you want your mind changed.
9. Discuss like you respect all other opinions. Decide like you trust God.
10. The words of the tongue should have 3 gatekeepers: Honesty, Necessity and Kindness
11. GSO is not authoritarian but a repository for shared experience.
12. When I got here, I was much younger.

Ramona B.

What have I enjoyed most about serving this rotation?

- Cody B – DCM District 2 – I have not done a lot of traveling but stayed in contact with Zoom. I had fun and really liked serving. To the next person, I hope you enjoy yourself and keep an open mind. Thank you.
- JoDee M – DCM District 9 – The opportunity to give back and be of service. This program saved my life.
- Diane P – Area Finance Chair – Being open to serve and willing to learn.
- Mary M – Alternate Delegate – Applying Tradition One – putting aside my personal desires for the welfare of Area 76.

What would I like others to know about my current service position?

- Steve M – Area Corrections Chair – You need patience and perseverance to work with Wyoming Department of Corrections. They're so use to saying "No", it takes time for them to say "Yes".
- Diane P – Area Finance Chair – If you have not been involved in service you are missing a chance for HP to enhance your emotional maturity. Especially for the long timers.
- Mary M – Alternate Delegate – Like every service opportunity – I get what I put into it.

What could I have done differently in my current service position?

- Diane P – Area Finance Chair – I would have started monthly meetings on zoom with finance committee.
- Mary M – Alternate Delegate – Allow others the opportunity to find a solution for their problems in service work instead of trying to fix it for them – simply listen or share my experience, strength, and hope.

My AA sponsor told me to stay away from places I used to drink. I just sold my car.

RECOVERY FROM ALCOHOLISM IS GROWTH WITH GOD.

Recovery from alcoholism is growth with God.

I find it difficult to say with any specificity how I recover from alcoholism. A very dear friend used to say in meetings; “Read the black and not the white.” That seems simple. Then, as I go through the steps and listen to people in meetings, the simplicity seems to get lost in perspective and interpretation. What is right and what is wrong?

I go to God and ask. Then something else happens: my ego begins to learn spiritual language, and I start listening to myself instead of God without realizing it. Sharing these things with my sponsor is a great opportunity for me to step off my ego-centric spiritual mountain top, because I begin to think I know how to recover from alcoholism, and I need to pass that message on to other people.

I begin to see my inability to be honest. I don't even know what honesty looks like. I think I am being honest and find that I'm not. Again, I return to God for that intuition. I receive answers that my fear cannot accept. I turn away from the Divine and try to do what makes me comfortable and feels okay.

When I first walked through the doors of Alcoholics Anonymous and I was so high on the pink cloud of sobriety, I wanted to keep that forever. As I practice the Steps, meet with my sponsor, and try to seek God, things are revealed that I feel I can't handle. God shows me what I've done, and how I've allowed my experience in life to define me. It is very easy for me to stop there. I can easily find fault in every aspect of my life. It is much more difficult to accept how God sees me. The Spirit has shown mercy and love to this broken soul more times than I can count, and yet, I still struggle to find trust and worth in that.

The Principles of Alcoholics Anonymous offer me a road map to recovery as long as I am willing to use it. Sharing all of myself with another human being is so very hard, and so very rewarding. I consistently fall short in this journey. I say and do things that may or may not be right, and I consistently ask if I am willing to go to any length for victory over alcohol. Not drinking was just the beginning for me. My recovery comes second, only, to my journey to seek the Spirit.

Recovery is not a straight line, in my experience. I forge ahead and feel that Higher Power working, and life goes well. Sometimes, I feel disconnected, and I feel my alcoholism tapping my shoulder, whispering that a drink will make it better.

I find myself asking, not how do I recover from alcoholism, but how do I love. Only when I deeply feel God's love, then the dragon sleeps, and I can learn what is real. I can face fear, embrace change, and accept God's will instead of fighting for my way. This way of life is not easy. My pride wants to walk away from this work. Seeking the strength and courage from a Higher Power is the only way I know to not give in to the delusion that a drink will make everything okay.

Kerry M. Casper

I have come to understand that my story is not significantly different from those of the millions of others who have walked into their first meeting of Alcoholics Anonymous and, by the grace of the power found in one alcoholic talking to another, have managed to keep coming back. But I did not know that then. In my mind I was truly different. I was not there to get sober but rather to have the little gold star by my name when it came time for me to stand in front of the judge. What I knew of Alcoholics Anonymous was what I had learned as part of the judicial system. I worked for the local judge, and it seemed as if alcoholics found God and AA in jail and used it as a 'Get out of Jail Free' card. They then found God and AA again when they were back in jail. Certainly, I wanted that, 'Get out of Jail Free' card. All I wanted was to get John Law off my case so I could go back and do the only thing that had ever worked.

Not only did I not fit in, in my mind, because I didn't really think I wanted to be sober, little alone that it was possible for me not to drink. But I also knew that I did not fit in politically, socially, or intellectually with those I saw in those first meetings. In other words, I was full of myself. Slowly, however, I started to listen, to really hear what was being said in the meetings. There were individuals who said they used to drink, somewhat like I did, felt somewhat like I did, and that they were now sober because of the 12 Steps of Alcoholics Anonymous. I began to believe that I was hearing the truth.

But it was the AA Preamble that first made it possible for me to stick around so that I could hear those people speaking the truth. Back then, Cody Group, like most groups, read the Preamble and How It Works at the start of every meeting. (It was only a suggestion for the meeting leader, but I didn't understand 'suggestions' at that point either). How It Works was way too long for me to catch onto in the beginning. But I heard the Preamble. It then read:

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership: we are self-supporting through our own contributions. A.A. is not allied with any sect, denomination, politics, organization, or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

I heard the words: "A.A. is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy neither endorses nor opposes any causes." For some reason, I took them at their word. For the most part, politics, religious sects or denominations and institutions were 'outside issues.

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I found the AA Preamble 'inclusive' - it meant that despite everything else that I was, I could still be there. (This was long before I knew anything about the Third Tradition).

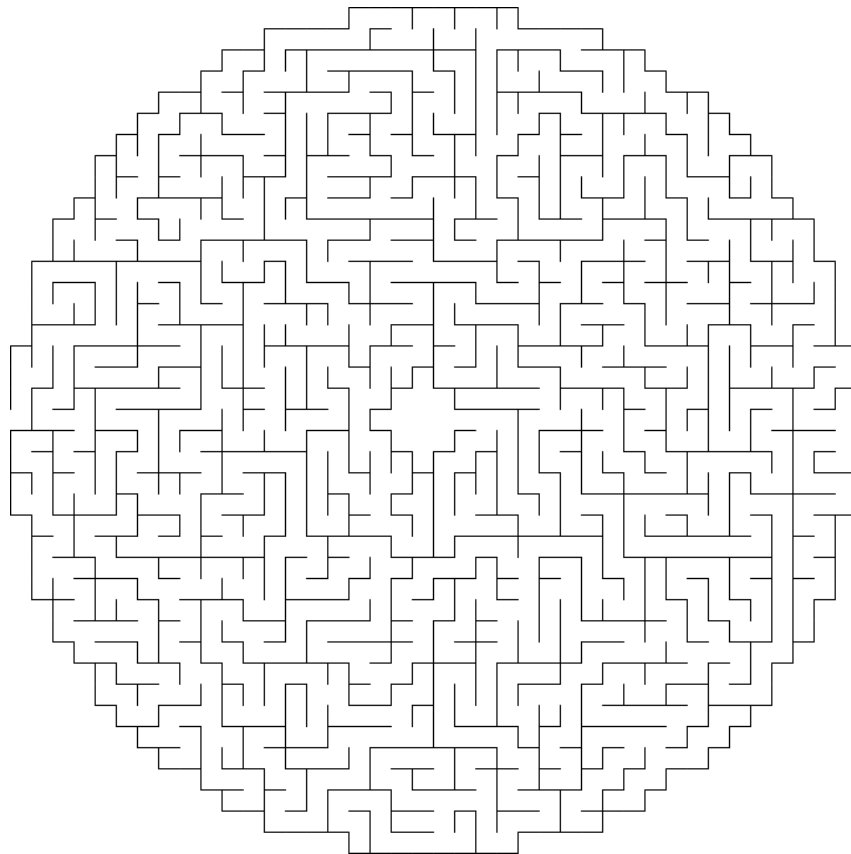
Thirty years later I am still surrounded by people with whom I would not normally mix. But I have come to realize that Cody Group AA could get along just fine without me, but that I do not believe I can get along without Cody Group AA, or Alcoholics Anonymous as a whole.

The AA Preamble was one of the first things that helped me stay until, as they say: "the miracle happened." Today there is a controversy in many groups, including Cody Group, about three words being removed from the Preamble and being replaced by one. The controversy saddens me because the Preamble, to me, is about being inclusive, not exclusive, and I believe the change reflects inclusivity and is for the better. I may be in the minority once again. But I will keep coming back.

Larry J

a) Why did the ghost have to join AA?

THERE IS A WAY OUT!



"The tremendous fact for every one of us is that we have discovered a common solution. We have a way out which we can absolutely agree, and upon which we can join in brotherly and harmonious action. This is the great news this book carries to those who suffer from alcoholism."

Page 17 – Alcoholics Anonymous (Big Book)

REALIZATION AA IS A SPIRITUAL PROGRAM OF ACTION

When I had about 7 years sober the first time, I rescued a 5-year-old corgi named Scooter. I was so incredibly blessed with Scooter in my life. Here was a dog that had been left by his first owner in the middle of nowhere around Red Lodge, Montana. He somehow stayed alive in the winter for between 3-4 months before someone thought they ran over a fox on the highway and when they stopped to see if it was ok, Scooter jumped in their car. Sadly, before that rescue, he was shot with shotgun pellets, and a .22 pistol. Either a fence or an animal left a 4-inch long and a half inch wide gouge out of his back and the pads on his feet were cracked from being out in the cold. He had been through so much and been let down by his first owner so terribly, yet he loved me with all that he was. He taught me how to love and trust again when I didn't think it was possible.

If you don't know what a corgi is, picture a German Shepard with basset hound legs. Very stout and sturdy, but not built for swimming. One day Scooter and I went up to the mountains to go for a hike. Those daily hikes with Scooter were my version of "church," where I felt closest to my Higher Power.

We stopped at a stream so Scooter could get a drink of water and we could enjoy the scenery. Scooter walked down to the stream and suddenly the water was deeper than his legs were long, and the surprisingly fast-moving water started to sweep him away. Now, I've had other dogs that have panicked when in the water and they were much more well-suited for swimming. For my part, I was panicking on the side of the stream and trying to figure out how to reach him down a steep embankment.

But when Scooter realized the water was taking him downstream, he didn't panic at all. He just relaxed and let the stream take him to the other side and a spot where his little legs could reach the bottom again. He shook himself off and found a way back across the stream where the water wasn't as deep.

Right then and there the phrase from the Big Book, "[a]nd we have ceased fighting anything or anyone..." came to my mind. Scooter had taught me another lesson! Prior to this experience, I was fighting the "spiritual part" of AA at every turn. I was concentrating on the differences rather than the similarities between me and other members of Alcoholics Anonymous.

I was also struggling with what I felt comfortable calling my Higher Power, so I called it my "Higher Power," but that's cumbersome when you are in the middle of a share in a meeting, and you have to keep using that four-syllable phrase to describe how you are staying sober and finding a wonderful design for living. Immediately after I thought "we have ceased fighting ...," the thought struck me. You have learned so much about love and life from your dogs, especially Scooter. Your dogs are really a reflection of your Higher Power for you. Why don't you call your Higher Power the reflection of D-O-G, or GOD? And with that, I began calling my Higher Power God.

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REALIZATION AA IS A SPIRITUAL PROGRAM OF ACTION CONTINUED

I'm the first one to admit that I had some real trouble with what I used to call the "Spiritual part" of the Program of Alcoholics Anonymous. Thankfully, I now realize that AA is a Spiritual Program of Action. It is all Spiritual, it doesn't just have Spiritual parts.

It took me several relapses over a period of 20 years to finally recognize that there is a Higher Power and I'm not it. I have a Higher Power in my life now and, because I do, the 9th Step Promises on pages 83-84 of the Big Book are coming true in my life. God's Grace is most certainly Sufficient!!

In grateful service,

Dee M.

b) Why did the accountant do so well in AA?

"WE ABSOLUTELY INSIST ON ENJOYING LIFE."

Alcoholics Anonymous (Big Book) Page 132

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

Three Legacies

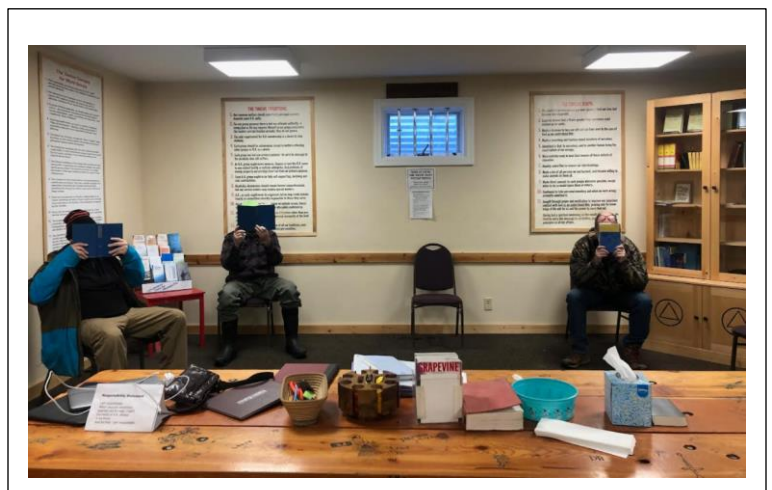
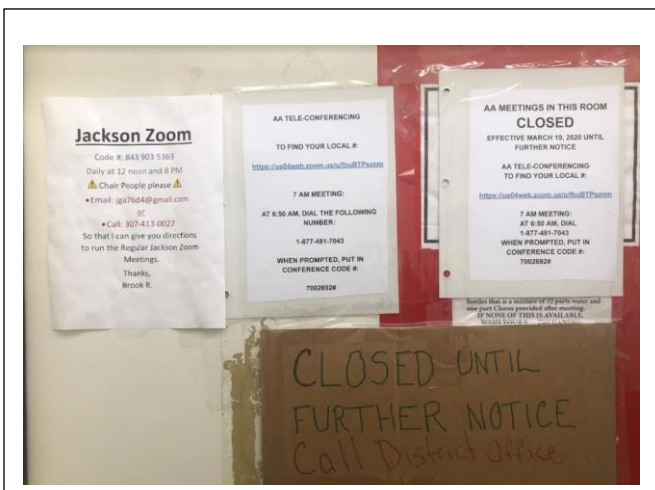
- Anonymity
Concepts
Honesty
Love
Open Mindedness
Program
Recovery
Service
Spiritual
Steps
Tolerance
Traditions
Unity
Willingness

DISTRICT 4 DCM SHARES

Hi, my name is Brook I am an alcoholic. I am in my second year of a two-year rotation as DCM (District Committee Member) of District 4 covering Alta, Teton County, Star Valley and Pinedale which is around 120 miles from north to south. We have 8 groups, 33 in-person and 10 Zoom meetings a week at this moment. I am active in 2 home-groups attending business meetings and regular weekly meetings. Weekly I have several 1-hour get-togethers with my sponsor and sponsees, we check in and read the Big Book. I still struggle with reaching out by phone willingly, writing a daily inventory, meditating, reading emails from Area 76, forwarding those emails to GSR's and attending meetings in the rest of the district. Our District has not been involved with much service work beyond tending to our home groups and meetings. I have been keeping the meeting schedule update and distributed. We hold a monthly District business meeting which is usually attended by 3-4 officers and 2-3 GSR's. I usually attend the Area 76 Monthly Committee Meeting on Zoom and sit on the Grapevine committee of which I have attended one work session and will give the Grapevine Committee report at the Summer Business Assembly. I plan on selling Grapevine Literature at the Summer business assembly in Sundance September 24th-26th then pass the literature onto the next Grapevine Committee Chair which I hope I will be appointed. District 4 held a Founder's Day potluck where we gave away 10 copies and read from the new "A Visual History of Alcoholics Anonymous" Book, followed by a discussion meeting. A member also brought a facsimile of the original manuscript. The district election is coming this fall and I look forward to new service experiences. The Star Valley area meetings have stayed quite strong with no mask mandates and high attendance. The Teton County Groups have had a lot of changes with mask requirements, meeting place shutdowns, reopening, zoom and hybrid alternatives. I know people who have achieved and maintained sobriety through zoom meetings and people who have not. As DCM I have learned that we all have different experiences and roles. I can only share my experience, strength, and hope, so I will keep trudging.

Brook R.

District 4 DCM



THE GIFT OF DESPERATION

Alcohol filled the void. Alcohol changed the mood. Alcohol was an escape from the current situation, whatever that was. Alcohol was a friend and lover. Alcohol gave me confidence. Alcohol gave me a sense of freedom. Alcohol turned on me like a mad dog just kicked. Alcohol took my self-worth. Alcohol took my self-esteem. Alcohol took my ability to function as a mother, as a wife, as a sister, as a daughter, as an employee, as a boss. Alcohol nearly took my life. Alcohol wanted to destroy me.

The gift of desperation allowed me to be open-minded enough to accept help when it was offered. A friend brought me to my first meeting of Alcoholics Anonymous I received the gift of sobriety, the first of many miracles. A sponsor guided me through the Steps of Alcoholics Anonymous allowing me to achieve sobriety. I learned how to maintain and nurture this precious gift. I cherish a connection to and have a deep relationship with a Higher Power.

Over the years I have done much service work where I learned, lived and applied the spiritual principles of the Traditions and Concepts.

A significant spiritual tool in my spiritual toolbox is prayer and meditation. Many of us know that as Step Eleven. Through inventory work I was shown that my prayers were self-centered and manipulative. Today my simplest and best prayer is “Thy will be done” along with thanksgiving and gratitude. Meditation – that has been and continues to be a true blessing, gift, and adventure. Meditation is a developed skill and requires time to practice. The benefits of meditation have been enormous. I have been shown character defects, been allowed several surrenders, a voyage into the spirit realm indeed. I could easily write pages and pages just on prayer and meditation. I will tell you most assuredly the gifts and benefits of prayer and meditation allow me to get through each day, good times, bad times, challenging times, sorrowful times. I know without a doubt that I have a loving Higher Power who gently and generously watches over me and all of us. I encourage you to further develop the skill of meditation. It is an individual journey. Ask five people how they meditate, and you will get five different answers. Whether a guided meditation, a walk out in nature or a hot bath allow the Spirit to minister to your spirit. Meditation is a beautiful experience. Don't short yourself the blessing. Learn the skill.

Happy to be trudging the road with each of you,

Kathi C, Area Chair

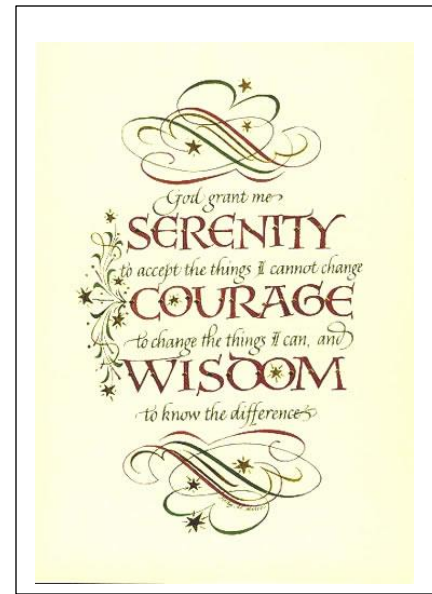




Remember the A.A. members who have passed away.

May their experience, strength, and hope live on.

- | | |
|-------------------------|------------------------------|
| Arthur H. | Lander |
| Chip C. | Cody |
| Christine C. | Laramie |
| Don W. (Seven Drop Don) | Casper |
| Eva J. | Gillette |
| Mike C. | Casper |
| Nick | Gillette |
| Richard E. | Lander |
| Russ C. | Nebraska (Formerly Cheyenne) |
| Sam P. | Lander |
| Tom C. | Jackson |
| Mike M. | Jackson |



Feel free to email m4wyoming@gmail.com, so members can be added to this page in future editions.

- a) He had a problem with BOOze.
- b) He was already a friend of bills.

