

The TRIBUTARY

Area 76 Newsletter

Winter 2016



Therefore we expect that our Conferences will always try to act in the spirit of mutual respect and love - one member for another. In turn, this sign signifies that mutual trust should prevail; that no action ought to be taken in anger, haste, or recklessness; that care will be observed to respect and protect all minorities; that no action shall be personally punitive; that whenever possible, important actions will be taken in substantial unanimity; and that our Conference will ever be prudently on guard against tyrannies, great or small, whether these be found in the majority or the minority...

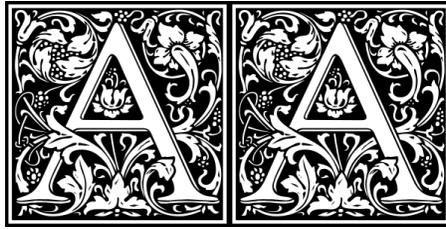
Freedom under God to grow in His likeness and image will ever be the quest of the Alcoholics Anonymous.

Twelve Concepts for World Service, last page

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Area 76 Happenings



From Our Area Chair

As a servant to all of the members of Area 76 I want to make sure that you all know how grateful I am to be in service to all of you. In order to meet my obligation to all of the members of the area I must communicate and support others in their communication efforts such that any member in our entire area can be as informed as he or she wants to be. In other words if any of you want to know, it's my job to make sure you are provided with all you need to carry the message to the alcoholic who still suffers.

There are many issues that need our attention and understanding so that the business of Alcoholics Anonymous can be discussed so that everyone who desires can help shape the informed group conscience of our area. This will allow our delegate to be prepared to represent us at the General Service Conference.

The Area Delegate and Alternate Delegate are working towards an educational opportunity for all GSR's and DCM's. They are compiling information from their own experiences as well as that of others to put together this much-needed training. They both attended the service conference in Bismarck where the issues for the General Service Conference were discussed. They will be in a position to share what they learned at the upcoming assembly in Lander.

Your new Area Secretary has set up a communication network that will hopefully reach every member in the area through the individual group GSR or district DCM. Information will flow up the chain to each member through his or her GSR. Your GSR-DCM knows how to contact all of the area officers, committee chairs and other DCM's so that we are all informed and "in the know" in reference to all things AA in Area 76.

Please make sure that your groups are registered through the General Service Office. There is a new Registrar who is eager to help update the list of groups, GSR's, and DCM's in our area. He works with the Area Secretary so that when there is a need for a mailing or other distribution of information it can get where it needs to go. There are many services that are available to individual groups that are registered with the GSO.

Which brings me to my favorite subject, self-support. Our Area Treasurer is set up and conducting business on behalf of all of us. She is receiving contributions and paying bills at a break neck pace. Thank you to all of the DCM's that got the word out to send contributions to the new address. There are lots of experienced servants in Area 76 that will assist any of you with the "money talk" for your groups. Supporting your group, district, area, and the GSO is not only an obligation but also a privilege for you to

participate in your own recovery as well as that of others. As a fellowship we are not self supporting and all of us in our area can and should be an example of contributing our individual share to support the work of Alcoholics Anonymous from the GSO all the way up to each group and member.

I want to sincerely thank each of you for your commitment and willingness to serve the Alcoholic who still suffers,

Mel W.

Area 76 Chairman



EXTRA, EXTRA, READ ALL ABOUT IT!!!

**LOTS OF OPPORTUNITIES FOR SPIRITUAL GROWTH
AND RICH AND REWARDING TREASURES JUST WAITING TO BE FOUND
At a West Central Regional Alcoholic Anonymous Service Conference**

I'm a service junkie; no doubt about it. Why else would I go traipsing off once a year to one of the states in our region (Wyoming, South Dakota, North Dakota, Nebraska, Montana, Iowa, Northern and Southern Minnesota) for the WCRAASC? Could it be to help the still suffering alcoholic? Oh yes, there is that.

I get so caught up in the "party" at West Central that when I first get there I'm just so excited to see everyone, and all that jazz. However, it doesn't take long until I am reminded of why we are really there: to be part of the third legacy of service that Bill W. left us, to make possible and ensure that Alcoholics Anonymous is still carrying the message to the still suffering alcoholic.

Sounds simple, right? Wait until you start going over the agenda items in an effort to prepare our delegates for conference. Even harder if you didn't know about the background material, had difficulty obtaining it, had problems deciphering it or just plain do not want to bother with it. Oh, but with the help of a sponsor and the others there, it is possible to begin to grasp just how much I don't know, and that perhaps I need to try to become a little more responsible, but also that I have the ability to contribute my thoughts, ideas, and perceptions about AA as a whole.

For after all, this is how we delegate ultimate authority to the conference. It is easy to get discouraged and overwhelmed with this whole process, but at the end of the day I need only remember that we have a loving God as He may express himself in our group conscience. Therefore, I encourage each and every one of us to "Get in the Car" and come be a part of this lovely opportunity for spiritual growth which yields rich and rewarding treasures.

Laurie
Area 76
District 2

From our Alternate Delegate's talk at the 2016 West Central Regional AA Service Conference:

"Participating in All of A.A."

Some elements of A.A.: The Fellowship and The 3 Legacies of Recovery, Unity and Service. The structure of the Conference (U.S. and Canada) made up of individuals, groups, districts, areas, delegates, committee members and Trustees to the General Service Conference, the General Service Board and the two wholly owned corporations: AAWS and AA Grapevine, as illustrated in the upside down triangle. Literature, Grapevine, GSO Guidelines, AA meetings.

I will begin with the A.A. Preamble from the A.A. Grapevine, Inc.

"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 AA membership; we are self-supporting through our own contributions. AA 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."

Bernard B. Smith, Chairman, General Service Board of Alcoholics Anonymous 1951-1956 stated in talks at the first six General Service Conferences: "In all the years since that first meeting with Bill, wonderful years, when it has been my privilege to serve as a member and as Chairman of the General Service Board, I have never lost my initial awareness that A.A. is more than a fellowship for recovered alcoholics, that it is indeed a way of life for all who have lost their way in a troubled world.

I have frequently attempted to define the fellowship of A.A., with little success, until one day while in England I listened to a broadcast delivered by Canon C.E. Raven, a noted British religious leader. In the course of this broadcast, Canon Raven set forth the conditions of a true fellowship in these words:

"Three conditions are necessary for true fellowship: the possession of a common ideal involving a complete release from selfishness and division. The discharge of a common task big enough to capture the imagination and give expression to loyalty. And the comradeship, the "togetherness" thus involved as we find out the joy and power of belonging to an organic society and engaging in a whole-time service. We can find it at its fullest extent where the ideal is highest and most exacting, where the task extends and integrates every ounce of our strength and every element of our being, where the comradeship is so solid and deep that we respond one to another without conscious effort, realize the unspoken need, and react to it spontaneously and at once.

Under such conditions, all the vitality that we usually waste upon our jealousies and our vanities – upon keeping up appearances and putting other people in their proper place – becomes available for creative use."

These words have meaning for A.A., I believe, not only as a definition of a true fellowship, and of our goals and attitudes but as reminders that A.A. is not a static, passive social organism but, in its largest sense, a dynamic, creative force that releases our latent power to live and act constructively."

My experience with the Fellowship of Alcoholics Anonymous has included going to coffee after a meeting where I was able to get to know other members of Alcoholics Anonymous as individuals, listen to their struggles and how they applied the principles of Alcoholics Anonymous to all areas of their lives. The fellowship of Alcoholics Anonymous allowed me to "Get in the Car" to go to outlying meetings, baseball games, picnics, unity days, Area Business Assemblies to learn about things I knew nothing of. The fellowship of Alcoholics Anonymous as described by Canon Raven "where the comradeship is so solid and deep that we respond one to another without conscious effort, realize the unspoken need, and react to it spontaneously and at once" has played out for me over and over again.

The Three Legacies:

Recovery through the Twelve Steps of Alcoholics Anonymous

Stated in the Foreword to Fourth Edition of the Big Book "Literature has played major role in A.A.'s growth...our literature has preserved the integrity of the A.A. message..."

The basic text of the A.A. recovery program is in the first 164 pages of the Big Book of Alcoholics Anonymous. The stories in the back of the Big Book allow the reader a chance to identify with the alcoholic's drinking

experiences and recoveries. Years and much experience later as stated in the foreword to The Twelve Steps and Twelve Traditions "...the spiritual ideas of the Society were codified for the first time in the Twelve Steps, and the application of these Steps to the alcoholic's dilemma was made clear...This present volume proposes to broaden and deepen the understanding of the Twelve Steps as first written in the earlier work." (The Big Book)

My experience with the Twelve Steps broadens and deepens to this day even after 28 years of sobriety. By working with a sponsor through the Twelve Steps of Alcoholics Anonymous, in order, from the Big Book and the Twelve Steps and Twelve Traditions, I have had a psychic change, I have had many spiritual awakenings and I am confident the awakenings will continue. I attempt with my best efforts each day to live a life based on spiritual principles of recovery on a daily basis – only 24hours at a time. Do I do it right every day – certainly not, but there isn't anything that a drink would solve, whereas there is always a Step that can be applied to any situation. My favorite Step is the one I am working on at any point in the day. I am no longer bound by the chains of bondage of self as a result of the process of the Steps. Each time I read the Steps with a sponsee, I get to apply the Step again on a deeper level with new awareness's as more is revealed to me.

UNITY through the Twelve Traditions of Alcoholics Anonymous. As stated in the Twelve Traditions Illustrated pamphlet, "Our Traditions are a guide to better ways of working and living," co-founder Bill W. said. "And they are to group survival what A.A.'s Twelve Steps are to each member's sobriety and peace of mind...most individuals cannot recover unless there is a group. The group must survive or the individual will not."

Found in the pamphlet A.A. Tradition, How It Developed by Bill W.: "The 'Twelve Points of AA, Tradition' reproduced herein is our first attempt to state sound principles of group conduct and public relations. As one of the originators of A.A., I was asked to publish these "Points," together with supporting articles, serially in our principal monthly journal, The A.A. Grapevine. Many A.A.'s already feel that these Twelve Traditions are sound enough to become the basic guide and protection for A.A. as a whole' that we ought to apply them as seriously to our group life as we do the Twelve Recovery Steps to ourselves individually...Trial-and-error has produced a rich experience. Little by little we have been adopting the lessons of that experience, first as policy and then as tradition. That process still goes on and we hope it never stops. Should we ever harden too much, the letter might crush that spirit. We could victimize ourselves by petty rules and

prohibitions, we could imagine that we had said the last word. We might even be asking alcoholics to accept our rigid ideas or stay away. May we never stifle progress like that!"

The Home Group as taken from the pamphlet The A.A. Group the section titled: "The A.A Home Group. Traditionally, most A.A. members through the years have found it important to belong to one group which they call their "Home Group." This is the group where they accept service responsibilities and try to sustain friendships. And although all A.A. members are usually welcome at all groups and feel at home at any of these meetings, the concept of the "Home Group" has still remained the strongest bond between the A.A. member and the Fellowship."

As membership in Alcoholics Anonymous grew and the numbers of groups grew the fellowship experienced severe growing pains.

Found in the foreword to the Twelve Steps and Twelve Traditions:

"Everywhere there arose threatening questions of membership, money, personal relations, public relations, management of groups, clubs, and scores of other perplexities. It was out of this vast welter of explosive experience that A.A.'s Twelve Traditions took form and were first published in 1946 and later confirmed at A.A.'s First International Convention, held at Cleveland in 1950. The Tradition section of this volume portrays in some detail the experience which finally produced the Twelve Traditions and so gave A.A. its present form, substance and unity."

My experience with a home group is that I have had one for 26 of my 28 years of sobriety. During my first two years of sobriety I would listen to the General Service Representative give their report from the District meetings. Admittedly, that seemed a bit above my head and beyond my comprehension. But I became curious about the information that was shared, the questions being asked of the fellowship and the service structure that seemed to be the great unknown to me. I should let you know that I am an inventory junkie and a service geek. I enjoy business meetings. My experience with business meetings that go a little sideways, is that individuals can forget to apply the Steps to their lives even in a business meeting, it's a growth opportunity. Business meetings need to start on time, end on time, stay on topic and having prepared agenda helps. I learned all that in A.A. Available for additional study and information are the General Service Guidelines providing experience on a number of pertinent topics.

Service through the Twelve Concepts for World Service, found in the book The AA. Service Manual/Twelve Concepts for World Service. The Charter describes in detail the body of principles and relationships through which A.A. services function. Found in the pamphlet The Twelve Concepts for World Service, "Bill W. himself...saw the need to 'reduce to writing' his concepts of the "why" of the whole structure, the lessons to be drawn from experience, the relationships and, above all, the spiritual principles. As Bill set them down, the Twelve Concepts are a potpourri: Concepts III through V, IX and XII deal with spiritual principles; the remainder, though they have spiritual overtones, are devoted to describing the relationship of the various service entities and how they work together."

Group Service – showing up at an AA meeting is 12 stepping others whether I share or not. Opening the door, making coffee, setting out conference approved literature, being group treasurer, serving as General Service Representative, having a sponsor, being a sponsor are some aspects of group service.

General Service – All links in the chain of communication: serving as a General Service Representative to serve the members of my home group with enthusiastic reports to keep them interested. Serving as District Committee Member to serve the General Service Representatives of the registered groups in the district, organizing workshops to educate the local AA members. Serving as a General Service Committee Chair (district or area) to carry the message that the specific committee is set to do – Public Information, Cooperation with Professional Community, Treatment, Corrections, Literature, Grapevine, Finance, Special Needs. Serving as an Area Officer to serve the District Committee Members and General Service Representatives along with members of AA within the Area. Serving as Delegate to be a vital link in the chain of communication through the Area structure to members of AA and worldwide AA. Serving as Trustee to meet the needs of the Areas within the Region.

Being involved in the **Conference Process** – This has and continues to be a HUGE and exciting aspect of my sobriety. Having served as a General Service Representative when the question from the Literature Committee was asked to the fellowship – do we need a 4th edition of the Big Book to more accurately reflect the current membership? Yes, the time frame is short from when the Agenda Items are available to when the Conferences takes place. However, to discuss that item and other agenda items with my home group, capture the thoughts and communicate those back to my Delegate (who was on the Literature committee at that rotation), then to get

the report back from the Delegate after the Convention and watch the process that did end up with a 4th Edition of the Big Book, exciting and rewarding. To know that I did the best I could as a General Service Representative carrying the voice of my group and then bringing information back to them was as solid experience. Going on to serve as District Committee Member serving the General Service Representatives of my District getting them the Conference Agenda Items as quickly as they were available, assisting them with doing a multi-group discussion of the items, capturing their thoughts, summarizing them to get them to our Delegate in preparation for the Conference, once again being a link in the chain of communication. I would not pass up the experience.

Warranty Six of Concept 12 says "Freedom under God to grow in His likeness and image will ever be the quest of Alcoholics Anonymous. May our General Service Conferences be always seen as a chief symbol of this cherished liberty."

The cathedral of service is beautifully described in As Bill Sees It (pg 155) "We give thanks to our Heavenly Father, who, through so many friends and through so many means and channels, has allowed us to construct the wonderful edifice of the spirit in which we are now dwelling-this cathedral whose foundations already rest upon the corners of the earth.

On its great floor we have inscribed our Twelve Steps of recovery. On the side walls, the buttresses of the A.A. Traditions have been set in place to contain us in unity for as long as God may will it so. Eager hearts and hands have lifted the spire of our cathedral into its place. That spire bears the name of Service. May it ever point straight upward toward God."

My final quote is from Tradition Twelve: "...we believe that each of us takes part in the weaving of a protective mantel which covers our whole Society and under which we may grow and work in unity."

Participation in ALL of A.A. Yes, I need all of it, our conference approved literature, the Grapevine; including both the archives and the digital archives, recovery meetings, step and tradition studies, belonging to a home group with a General Service Representative to be the link in the chain of communication to and from AA and me as a home group member, District and Area workshops, Regional AA Service Conferences, International Conventions, The General Service Conference process and the experience of

trusted servants both current and past. The rich and invaluable lessons can be learned from studying the history of Alcoholics Anonymous.

Thank you for letting me participate in the West Central Regional Alcoholics Anonymous Service Conference.

Kathi C., Sheridan



Hello my name is Dave and I am an Alcoholic and the newly elected Area 76 Secretary. My new service position is the latest of many that I have held in the area, district, and my home group. The most challenging of these jobs was being a new GSR in my home group. This is where I discovered that being of service allowed me to put the needs of others before mine, which permitted me to be a part of the recovery of others one day at a time. I also learned to listen and allow others the opportunity to participate in forming a group conscience. Service has allowed me the opportunity to understand the traditions and concepts and the role they play in our fellowship. I know that through this experience, that if I work with a sponsor and let my higher power guide me, I will be able to do whatever is required of any service position I have the opportunity to occupy.

My long drinking career allowed me to find a place where I could not only recover but also live a life I didn't imagine possible. Service to others has made that life more fulfilling.

When I was elected as Area Secretary, I was somewhat apprehensive at first. What did I get myself into was one of my first thoughts. The position has been a challenge so far, but I have relied on the help and experience of others to guide me, and so far it's working! One of the most important things we need to do well as a fellowship in Area 76 is communicate. I have attempted to set up a communication network that allows any member in our area to be as informed as they want to be. Informed members will be more effective at carrying the message as well as giving all an opportunity to be prepared for assemblies. There is a "bunch" of information that

needs to be understood and discussed and I've done my best to get it to every group and member in the area.

I would like to quote a paragraph from the AA Service Manual:

"Every AA member has something to say about the Fellowship's present and future - and AA's welfare is central to the agenda of every General Service Conference. Thus, one of the most important program items for an assembly (or a district meeting) is a good look at what might help AA on a broad basis,"

This and lots of good information were put in our Area 76 Service & Procedures Manual, and it can be found on our Area 76 web site (in the Pages Dialog Box under Area Guidelines). I would suggest that anybody in service or wishing to get into service read the AA Service Manual and the Area 76 Service & Procedure Manual. Thank you to the members of Area 76 for allowing me to serve, and I hope to see you all in Lander.

Yours in Service

Dave B

Area 76 Secretary



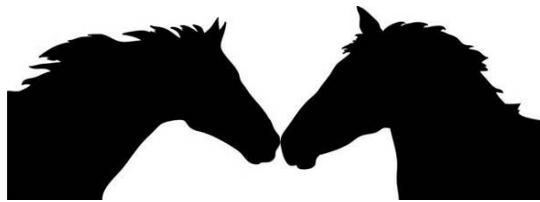
AREA 76 GAP COMMITTEE

Greetings to the members of Area 76! For the next 2 years, I have the honor and privilege to serve as your Area GAP Committee Chair. Some of you may be asking "What is the GAP Committee"? Since Area 76 tries to mirror the Conference Committee System that is being used at the General Service Conference, there were three General Service Conference Committees that were not being covered in our Area. So, the GAP Committee was created in order to cover those Committees.

The three Committees which comprise the GAP Committee are the Conference Agenda Committee, the Policy and Admissions Committee, and the Trustees Committee. It was recommended and passed in previous Area Business, that the GAP Committee be chaired by a past Delegate from our Area and also has a current standing District Committee Member assigned to serve on the Committee for each 2 year rotation.

Anyone in our Area 76 membership is welcome to participate on the Area GAP Committee. We are just now kicking off a new rotation, and have been reviewing this past year's Conference Advisory Actions and Additional Committee Considerations for our Committees. We are currently reviewing this year's General Service Conference Agenda items for these Committees and will be discussing these items at the Winter Business Assembly in Lander. It would be a pleasure to have you join us on the Area GAP committee and welcome your participation!

Allen W. (Area 76 GAP Committee Chair)



The 12 Traditions Incorporated Into Relationships

1: Our common welfare comes first; a healthy relationship depends upon unity.

Note: The relationship's unity is best served by each individual's unity with a higher power.

2: For our family or relationship purpose, there is but one authority, a loving God as He expresses himself in our informed family conscience. Each partner is God's trusted servant—none governs.

3: Two or more persons, when gathered together for mutual benefit, may call themselves a relationship. The only basic requirements for a good marriage or relationship is a mutual desire to be in that relationship, and willingness to make it work.

4: Each marriage or relationship has but one primary purpose: To serve as the expression of God's love.

5: A partner ought not be overly supportive spiritually, emotionally or physically to the marriage or relationship, lest problems of ego gratification divert him or her from the primary purpose.

6: Each partner should be autonomous except in matters affecting the other partner, the family or relationship, or society as a whole.

7: Each partner ought to strive to be fully self-supporting: spiritually, emotionally and physically.

8: Our marriage or relationship should remain forever a free, giving relationship- one to the other.

9: A family or relationship should be pliable in its organization, but our group conscience may appoint certain persons as responsible to serve various functions.

10: A relationship should avoid heated controversy.

11: Each partner best conveys his or her beliefs and philosophy by attraction rather than promotion. Anonymity is a valuable asset to the marriage or relationship.

12: Selflessness is a spiritual foundation of our way of life as marriage partners or friends, ever reminding us place principle above personalities. The principle is unselfishness.

Anonymous (Provided by Michelle S., Casper, Area 76 Delegate)

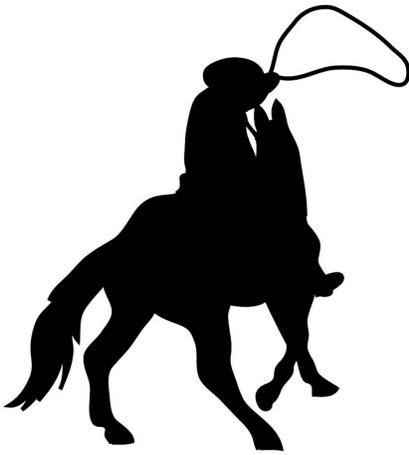


I AM RESPONSIBLE...

When anyone, anywhere, reaches out for help, I want the hand of A.A. to be there.
And for that: I am responsible.

**DECLARATION OF 30TH ANNIVERSARY
INTERNATIONAL CONVENTION, 1965**





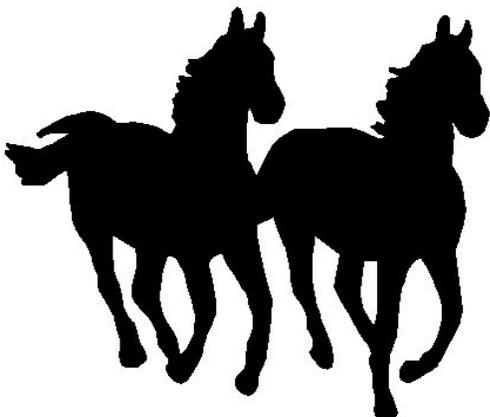
Greetings from District 7:

AA is alive and well in Southwest Wyoming. Currently there are four groups, two in Evanston, one each in Kemmerer and Mountain View. There are meetings twice daily each day of the week in Evanston, and five meetings per week in Mountain View and two weekly in Kemmerer.

Planning is taking place for the Area 76 Business Assembly to be held in Evanston in the summer of 2017. Additionally, the district is planning on conducting a workshop around the theme of reaching out to the newcomer. We have seen a flat growth in newcomers to AA in our district and would like to explore ways in attracting and keeping the still suffering alcoholic. If other districts in the area have any ideas or similar concerns, we could use your input.

Yours in service,

Mike C.



Uncle Lyle's Corner

A Prayer for the Twelve Steps

DEAR GOD, I am powerless and my life is unmanageable without Your help and guidance.

FATHER, I come to you today to believe that You can restore and renew my needs of the day. Since I cannot manage my life or affairs, I make a decision to give them to You. I give You all of me - the good and the bad – my shortcomings, my selfishness, my resentments, all my problems, I give to You. Take me and use me and direct my ways and show me what to do for You.

FATHER, I cannot control or change my friends or loved ones, so I release them to Your loving care, to do with them as You will. Just keep me loving and free from judgment of them. If there is any changing, God, You will have to do it, I can't. Make me willing and ready to be of service to You, to have my shortcomings removed and to do my best. Help me to see how I have harmed others and make me willing to make amends to them all.

DEAR GOD, keep me ever mindful of the sly little foxes that creep back into my life. The sins of my personality that harm You, myself and others, that separate and cut me off from Your Light, Your Love and Your Spirit, make me aware of them and help promptly to admit it.

FATHER, I am seeking to know You better, and to love You more. I am seeking the knowledge of Your Will for me and the power to carry that out. This is my life and my desire to be in Your Presence, knowing that Your Grace is my sufficiency.

OUR LOVING FATHER, show me one of Your Loving Children today who is still suffering that I might share with them what was so freely given to me and prompt me to be ever mindful to continue to practice the Principles of Caring, Loving, Accepting, Surrendering, Understanding, Releasing, Forgiving, and Loving IN ALL OF MY AFFAIRS. AMEN.

Lyle B.

Beatrice, NE, 1998 (Provided by Lou R., Yoder)

UPCOMING ACTIVITIES

Area 76 Spring Convention May 13-15, 2016
SPRINGTIME SERENITY in Rock Springs at the Holiday Inn

Contacts: Jay B.(AA) 307- 389-5003 and Sheri R. (AA) 307-371-1418

Info and flyers at aa-wyoming.org

Area 76 Summer Business Assembly August 26, 27, 28, 2016

Thermopolis, WY ~ Common Ground at Corner of 5th Street and Arapahoe

Contacts: Tom F. 307-921-9230 and Cindy M. 406-671-8923

Info and flyers at aa-wyoming.org

West Central Regional AA Service Conference
Cheyenne, WY March 3-5, 2017

2017 Area 76 Winter Assembly, Green River

2017 Area 76 Spring Convention, Sheridan June 2-4 at Holiday Inn

2017 Area 76 Summer Assembly, Evanston

2017 Area 76 Fall Convention, Gillette

