

## Area 76 Tributary

Representing Alcoholics Anonymous in Wyoming

<http://www.area76aawyoming.org>

Information available on website (to name a few)

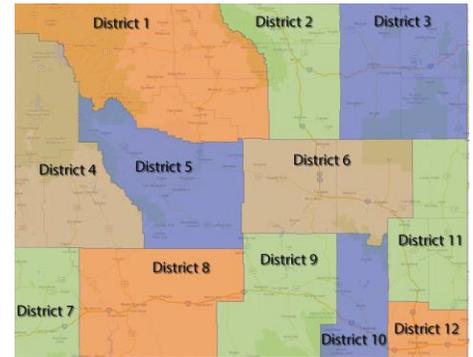
- Area Guidelines (Anonymity, Assembly, Convention, Finance, Service and Procedures Manual, and Website Guidelines)
- Area 76 Member Forms and Reports (AA Group History, Budget Request, Committee Report, DCM Report, District Report, Expense Reimbursement, Floor Actions, Group-Information Change, New 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

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### 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.

Requests for articles were sent out in January, February, and March via the area wide distribution email list. A.A. members were encouraged to write an article on anything relating to the First, Second, or Third (Steps, Traditions, or Concepts), or attendance at any of the following: Western US and Canada Forum, West Central Region Alcoholics Anonymous Service Conference (WCRAASC), Virtual Workshops or Conventions, and/or any exciting, attractive experience of service to encourage other members to get involved. Submit future articles to [m4wyoming@gmail.com](mailto:m4wyoming@gmail.com).



## Upcoming Events

### April 23-25, 2021

2021 Panhandle AA Jamboree  
Hampton Inn and Suites  
301 W Highway 26  
Scottsbluff, NE 69361  
308-635-5200

### June 4-6, 2021

2021 Spring Convention  
Holiday Inn  
1675 Sunset Dr  
Rock Springs, WY 82901

### June 3-5, 2022

Save the Date  
2022 Spring Convention  
Sheridan, WY

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### 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: Peggy C. (Powell)  
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)

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## THIRD STEP

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The Third Step was a difficult step for me to take. I came back into the rooms of Alcoholics Anonymous after a long absence (over 5 years) and while I had not been out drinking, I had turned away from God. While I accepted the ideas in Steps 1 and 2, I struggled with the decision to give my will & life to God who I was still pretty mad at. I kept coming to meetings, got a sponsor and read the Big Book. I listened and watched what was happening to other people who *had* taken the Third Step. Fortunately, nobody pushed me too hard, allowing me take things at my own pace. I imagined myself like a cat hanging from the ceiling by all four paws, with the claws firmly dug in, afraid to let go, that there would be nothing there to catch me when I fell free. I had felt my claws loosening slowly, till finally, I was sick and tired enough of being sick and tired and I made the decision to let God in. When I let go of that imaginary ceiling, not only did I land on my feet, but I felt safely cradled by my God and the Fellowship of Alcoholics Anonymous. As soon as I made the decision to take the Third Step, my life has been calmer and more relaxed. There has been so much peace and contentment like I have never had. I sleep better and am more tolerant of others. This gives me so much motivation to continue with the rest of the steps!

Cheryl K.  
Cheyenne, WY

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## WHAT A CONCEPT OR WHAT IS A CONCEPT

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During the first 21 years of my sobriety, I was a meeting maker make it kind of member. I was in meetings all the time. Being busy in Alcoholics Anonymous gave me purpose and that is what I thought I was supposed to do. During my 21<sup>st</sup> year sober I got a sponsor who shared the Three Legacy Program of Alcoholics Anonymous. Recovery, Unity, and Service has changed my life. For the first time I took the Twelve Steps as outlined in our book *Alcoholics Anonymous*. This enabled me to carry of the message of Alcoholics Anonymous. We next studied and experienced the Steps, Traditions, and Concepts using other A.A. literature. (Twelve Steps and Twelve Traditions, Alcoholics Anonymous Comes of Age, and The A.A. Service Manual *Combined With Twelve Concepts for World Service* by Bill W.) I would love to tell you I was as quick to carry the Three Legacies Program as my sponsor did with me. It was not for lack of being willing. At one point I was asked, "Are you just a Big Book" sponsor. Just last month, for the first time since my sponsor took me through the process (*over five years ago*), four of us completed our study of Steps, Traditions, & Concepts. Not one of us said, "Wow, I got that or now I have all the answers." What we did say was, "We will continue to learn and experience the Three Legacies, if we pass it along!" As a result of our willingness, the Saturday night Chairman of the No. 1 Group in Cheyenne invited us to attend the 5:30 p.m. meeting on the second Saturday of the month to share about the concept of the month. What a Concept!

Mary M., Alternate Delegate & Tributary

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## AN EMBARRASSMENT OF RICHES

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The pandemic led to tragic loss of life and human suffering. However, for this alcoholic, it has also been a tremendous opportunity for spiritual growth. Because I have learned to live a life based on the spiritual principles of Alcoholics Anonymous, I have been able to “match calamity with serenity.” I am eternally grateful for my Higher Power’s grace.

I am grateful to those who decided to offer access to meetings, workshops, conventions, and business assemblies online. I have been able to continue participating in meetings and have attended other AA-related events I would not normally be able to attend. I am grateful people continued to carry the message by any means necessary.

As the Alternate GSR for the Simple Solutions Group, I was able to attend, and participate in, my first Business Assembly because it was online. This responsibility required me to take a crash course in the Traditions and how decisions are made in Alcoholics Anonymous. As a result, I was able to carry the votes of my group to the Assembly. Those votes were not always how I would have voted. I had to find the humility to vote the group’s conscience, not just my own opinion. It was so exciting to see how AA’s Traditions work and how we make decisions in AA, I started looking for opportunities to attend workshops, forums, and conferences. Thanks to virtual platforms, I was able to find many opportunities for learning.

I also attended the Western US and Canadian Forum this year. Once again, I learned so much from those attendees who shared their experience, strength and hope about AA’s Service Structure, the Traditions and Concepts, and Alcoholics Anonymous in general. The same thing happened at the 2021 Virtual West Central Regional Service Conference. I gleaned an enormous amount of information from the people at that service conference. Not the least of which is the enormity of the decisions made by the many committees in AA.

I have also been delighted to attend different AA meetings in other cities and states. For example, I found a meeting out of Minnesota that usually has a minimum of 300 years of total sobriety in the “room.” It often includes members from Canada, Australia, Ireland, England, and many of the United States. I simply cannot get enough of the knowledge, experience, strength, and hope from the various sources that are now available to all of us.

Finally, I learned of a Traditions Workshop from fliers disseminated by our Area and District. This virtual Traditions Workshop is presented by an Intergroup in New Jersey. Obviously, unless I suddenly became a jet-setting diva, I could not have gone to this weekly workshop in person. This particular workshop covers a Tradition a week. It lasts 90 minutes. The speaker shares his or her experience, strength, and hope about the Tradition for 60-70 minutes and then spends the rest of the time answering questions from those in attendance. I am hoping to find some interest in our Area for a similar workshop.

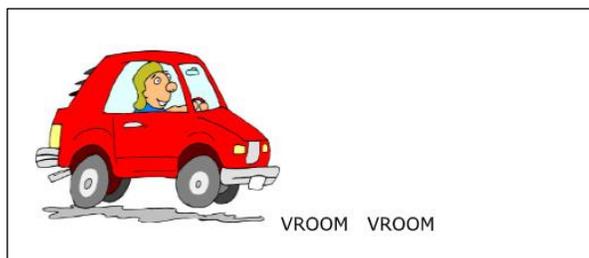
I am so grateful that I can attend such a variety of AA-related programs virtually, I feel truly blessed. I have indeed found an embarrassment of riches within my reach.

Dee M.  
Simple Solutions Group  
Area 76, District 12

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## ONLINE PLATFORM

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What a challenging year we have just been through due to a worldwide pandemic. Recovery AA meetings in person ceased for most of us for much of that 12-month time period. The Fellowship of Alcoholics Anonymous is creative and resilient. Quite rapidly online platforms were used to make AA recovery meetings available. It was not only recovery meetings. The AA General Service Conference was held virtually. In fact, we are getting ready for our second virtual assembly in Area 76. We have had plenty of time and opportunity to fine tune the processes and address the challenges.

As Area Chair for Area 76, I began having online monthly Area Committee Meetings even before the pandemic hit. My goal was to keep communication flowing between officers, DCMs and committee chairs prior to assemblies and the convention. Little did I know what an important tool the online platform would become.

'In person' meetings, assemblies and conventions are certainly preferable to online. However, the online option has been extremely useful, wide ranging, effective and efficient. Information and workshops are available worldwide. Such a blessing!

I have attended the Western US/Canada Regional in December 2020 virtually as well as other conventions and workshops. On the bigger size meetings, the formats are sometimes 'Webinar' where only the speakers are on screen, not all the multiple screens of attendees, much less visually distracting. Some of the larger sessions I have attended have been over 1,000 or 2,000 registered folks. The lack of time and expense for travel have been a benefit too.

As with all things there are multiple aspects to consider. Online platform fatigue is an issue. Occasionally I have wondered if the collective "we" have not left the gate open. Are the Traditions being upheld? Generally, I would say yes. Always a good question too is, does this meet a need or has it sometimes turned in to an ego feeding proposition.

Back to our area.... the opportunity to use the virtual platform for the committee work sessions has been grand. I would hope this can continue with the next rotation. We are a remote area and being able to take care of some of the business and training opportunities does benefit our area.

Kathi C., Area Chair

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## TRUST

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Admitting and accepting the fact that I am powerless over alcohol and my life was unmanageable (Step 1) and I have come to believe in a power greater than myself (Step 2) has allowed me to trust that power, whom I call God. This trust guides my decision to turn my will (thoughts) and life (action) over to God. (Step 3)

When I put our common welfare first and my personal desires second (Tradition 1), I am trusting a loving God to express Himself in our group conscience (Tradition 2) and am grateful for my decision to be a member of Alcoholics Anonymous because I have a desire not to drink (Tradition 3).

“The A.A. groups hold ultimate responsibility and final authority for our world services...” (Concept I), so it is important that we delegate authority to our trusted servants (Concept II) and grant them a Right of Decision (Concept III). We trust our trusted servants.

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## COMMUNICATION IN A.A. – ARE YOU INFORMED INFORMED?

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Area 19, Chicago hosted a workshop this month regarding Communication in A.A.

Debbie D – Concord CA: Communication is defined as the imparting or interchange of thoughts, opinions, or information by speech, writing, or signs. The ten universal forms of communication are: facial expressions, gestures, hobo signs, emoticons, sign language, American Sign Language, music, The BIG 5 Languages (English, Mandarin Chinese, Hindi, Spanish, & French), English/Speech, Math and Programming Languages. ***Here in A.A., we speak our own language, “The Language of the Heart.”***

Tracey G – Digital Product Manager, Communication Services Dept, G.S.O.: 2018 Communications Audit identified many areas of improvement. A 3-year plan was created. The need for a centralized Communications Hub was identified. The “Hub” would be the channel through which the strategic plan could be implemented. The Communication Services Department was formed November 2019, to serve as the hub. A new A.A.Org Website will be launched. Meeting Guide App connected to 448 entities in 22 countries. Most A.A.W.S. videos on YouTube are available in English, Spanish, and French. The English version of the Big Book and 12 and 12 will be posted in ASL. Organization wide effort underway to develop a Podcast - the intent is to make sure the standardized true message of Alcoholics Anonymous is put out, not someone's own specific opinion.

Bill L. – A46 New Mexico P70 Delegate: Communication in A.A. with respect to rotation and orientation. Discussed were the A.A. Service Structure, Concept Nine, Leadership, Inexperienced trusted servants, sponsorship, service sponsor, and Orientation and Rotation Workshops. Districts could host GSR Orientation. Areas could host GSR, DCM, Trusted Servant, and Area Committee Chair Orientation. Regions could host Alternate Delegate, Delegate, and New Trustee Orientation. G.S.O. hosts New Delegate Conference, Conference Committee Chair, and New Trustee Orientation.

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## CODY GROUP MOVES ON

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Cody Group AA had been located at 1220 12<sup>th</sup> Street in Cody for as long as I have been a member, and longer. For 35 years AA could be found alive and well in that building. For more than 29 years, I spend thousands of hours where I would go to meetings, the meetings before the meeting, and the meetings after the meeting. The building was more than 80 years old, and it showed it. In its prior life it had been, among other things, a lumber yard, an oil field company's office, a dance studio, and a fitness center. This last week the building was demolished.

For two years or more, we have known that the owners were planning on developing the half-block where the building stood into town houses/condominiums and that our days were numbered. After the two years of not knowing when we would have to leave, late in 2020 Cody Group moved to a new location in the Park County Annex, a much newer building.

For all its history and despite getting sober in there, I was looking forward to moving out of the building for personal reasons. When I came to AA, I already wore one hearing aid at the age of 37 and shortly afterwards I got my second one. Even with two hearing aids, I do not hear well. The heater at 1220 12<sup>th</sup> Street was suspended from the ceiling in a corner of the main room, was noisy as all get out and made hearing what was said more than difficult. There was a constant battle in the winter months over the noise. I and others would turn it off so we could hear, and others would turn it up, so they didn't freeze. The floors were plywood which squeaked whenever anyone walked on them making more noise. Covering them with rugs did not help much.

To hear what was being said in meetings, I early on found myself cupping my hand behind my ear (my better one). That may have been one of the first miracles for me, deciding that there were people in the Group who had things to say that I needed to hear. I found that there were a lot of soft-spoken members whom I had little chance of hearing, especially with the heater going and people walking around either getting coffee or pouring it for others. So, I discovered that if I wanted to hear what was being said, I needed to get up and go sit by them. I found myself many days playing musical chairs, just to hear what I needed to hear.

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## CODY GROUP MOVES ON CONTINUED

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So, when it came time to move, I was full of expectations about our new location. As I mentioned, the new 'hall' is much newer. The floor is concrete and covered with a rug. The heating does not make as much noise and the windows look out on a pleasant view from the second floor and there is plenty of light. You will find Cody Group alive and well at the Park County Complex, 1501 Stampede Avenue, Suite 3000.

And although the room is quieter, you will still find me playing musical chairs. My hearing is not any better, people are still soft-spoken, and I still need to hear when you share your experience strength and hope.

Larry J.,  
District 1, DCM, Area 76

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## REAL PURPOSE

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Prior to standing for any service commitment, I found it beneficial to read up on the duties that were suggested or expected when I served my group, district, or now with area responsibilities. I also watched those serving before me. What leadership attributes worked and what did I believe was missing? As an A.A. member, even if I do not currently hold a position, I can attend a monthly group conscience (business or steering committee meeting), I am welcomed to attend the monthly district meeting and/or the two area assemblies a year. I can show up, ask questions, and volunteer to be of service. As the General Service Representative (GSR) I carried the voice of my home group to the monthly district meeting and two area assemblies a year. I also reported back to my home group everything happening at the district, area (throughout the State of Wyoming) and updates about the General Service Office. As the District Committee Member (DCM) I facilitated the monthly district meeting and carried the voice of the district to the two area assemblies a year. I attended the West Central Regional Service Conference yearly to get a sense of the region on the General Service Conference agenda items. I again, reported back to the district all the happenings. As the Alternate Delegate, I have attended the monthly area meetings, virtual workshops, committee work sessions, facilitated the GSR School for a couple districts, and attended the virtual area assemblies. I write this article to let you know I am responsible to the members of Area 76. The responsibility may mean self-sacrifice and "*great interference with my pleasures*,"<sup>1</sup> at times. The June edition will include the many service positions available for the group, district, and area. The qualifications and duties will be included in hopes each member will decide for themselves, am I qualified to stand, am I willing to stand, and will I fulfill the responsibilities entrusted to me.

***"Our real purpose is to fit ourselves to be of maximum service to God and the people about us."***

*Page 77 – Chapter 6 Alcoholics Anonymous*

Mary M., Alternate Delegate, & Tributary

*1. Page 97 – Chapter 7 Alcoholics Anonymous*

## COMMUNICATION IN A.A. – ARE YOU INFORMED? CONTINUED

Josh E. – A51 North Carolina General Service Trustee, Grapevine Board: “Grapevine was social media before social media!” It is the central hub of how we talk to one another across the barriers. With the ease of technology, we should use every possible tool to publish and carry the message out into the world. Grapevine can publish diversity. We are living in a rapid growth experience.

Shane S. – A64 Tennessee P70 Delegate: What are we doing as a fellowship to improve communication? Josh and Tracey shared how GSO is improving communication because of the Communications Audit. Be on firm spiritual ground. Listen and internalize what others are saying. Get a feel of the heartbeat for the group, district, or area you are serving.

My invitation to you is that if you are not informed about what is happening in your group, district, and/or area and would like to be more informed please get on our email list and take advantage of the opportunities offered. If you are informed but have not joined us for the committee work sessions, area assembly, workshops and are interested, consider doing so. We have so many opportunities at our fingertips in Area 76. My hope is that communications flows throughout the service structure in Area 76. It begins you, the A.A. member! Email [m4wyoming@gmail.com](mailto:m4wyoming@gmail.com) and I will get the information to the area officers.

Mary M., Alternate Delegate & Tributary



Remember the A.A. members who have passed away.  
May their experience, strength, and hope live on.

Mike B.      Cody Group A.A.      42 years

Feel free to email [m4wyoming@gmail.com](mailto:m4wyoming@gmail.com), so members can be added to this page in future editions.

