

Area 76 Tributary

Representing Alcoholics Anonymous in Wyoming

<http://www.area76aawyoming.org>

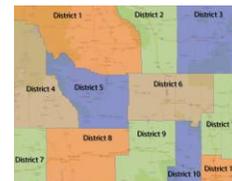
Information available on website (to name a few)

- 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.

Any A.A. members from Wyoming are welcome to submit an article for the September issue of the Tributary. Issue will include articles on Steps, Traditions, or Concepts 7-12. If you have jokes, puzzles, group, or district activities happening between October through December, or if any AA members pass away, please submit the information to m4wyoming@gmail.com or call 307-286-9715. Deadline for articles will be September 15, 2021. This may be the last Tributary for this calendar year. We will see what September brings!



Upcoming Events

June 11-13, 2021

Devil's Tower Campout
KOA Campground
Devil's Tower, WY
Flyer coming soon

June 18-20, 2021

45th Annual June Jamboree
Mills Community Hall
401 Wasatch
Mills, WY

September 24-26, 2021

2021 Summer Business
Assembly
Sundance, WY

June 3-5, 2022

Save the Date
2022 Spring Convention
Sheridan, WY

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)

Articles for the June Tributary cover various service positions in the service structure. A.A. members share different aspects of their personal experience with service. My hope is that after reading their experience, you will be intrigued about service/general service and be willing to serve the members of your group, district, or area. Qualifications and duties for General Service Representative (GSR), District Committee Member (DCM), and Area Officers can be found in [*The A.A. Service Manual Combined With The Twelve Concepts for World Service, by Bill W. and Area 76 - Wyoming Service and Procedure Manual.*](#)

Prayerfully consider the following:

- Am I qualified for this service commitment?
- Am I willing to stand for this service commitment?
- Do I have the time and willingness to make the necessary sacrifices to fulfill responsibilities of this service commitment?

District 6 - General Service Representative (GSR) - Last Chance Group

It started with a road trip. The thought of being in a car for hours upon hours with people I barely knew, did not seem like fun to me when I came into Alcoholics Anonymous. I grew to love and cherish that time with friends. I learn so much from those that have come before me.

One particular trip home, I was asked if I was considering serving my Group as their GSR.

“Oh, no!”, I said.

When I was asked why, I had my very humble and correct response ready. I am not ready. I need to know more things. I do not want to be a disservice to my group. I am too controlling. I am too busy.

“Well, that’s pretty selfish of you.”

Wait! That was not the response I expected. I thought I would be commended for my unselfishness and clarity about my shortcomings. So, I asked why it was selfish. I was informed that it is up to my Group if they want me to serve as their GSR. I did not appreciate the spiritual connection to that, at first. I was trying to dictate when I would do things, determine how qualified I was, and hide behind my fear with my busy schedule. I was really afraid of putting myself out there and doing it wrong. I was afraid of making my Group look bad. I was horrified at the idea that my Group would see just how incompetent I was.

My sponsor is forever reminding me that my dependence and trust must be with God. Well, this was certainly an opportunity to put that to the test. So, I stood for GSR.

My group lovingly and enthusiastically embraced me as their GSR. Then I got really scared. They rallied around me with support, experience, and honesty. They taught me about the Right of Participation, Right of Decision, Leadership, and full reporting.

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District 6 - General Service Representative (GSR) / Last Chance Group Continued

I watched as I fell short of my expectations, and they picked me up. There were meetings that resulted in amends, as we all tried to practice the Principles with each other. They loved me through my “bright ideas”, nervous disposition, and controlling nature.

As I prepared to go to my first Regional Service Conference, I asked my Group what I was supposed to do.

“Just go up to the mic!”

Uh, Oh!! Fear was back! My Group, that I can manage to annoy frequently, were there for me. I went to the microphone. I asked questions. I felt inadequate as I tried to play catch up on all these discussions in Alcoholics Anonymous. My Group was there with their experience and soul reading superpowers. They had this uncanny ability to know what my questions were when I just could not figure out what I was trying to ask. They knew what was in my heart, and they could articulate it so very well as I struggled. They had my back as I said weird and wonky things. As I did it wrong, my group loved me anyway, and that left me free to learn.

My Group encouraged me to have experience. Sometimes it felt like I was thrown under the bus. Sometimes, it felt like I lived under that bus. What I know now, is that my Group and my Sponsor were challenging me to grow. Everything I have said or done as GSR has not been perfect. I always do and say things, and then realize how I could have done better. Sometimes, I am able to take God with me, and I have beautiful experience. Sometimes, I do things all by myself, and I feel that pain.

I have served in several capacities at the Group and District levels. Serving my Group as their GSR has helped me grow in my relationship with God. When I trust that God will take care of me as I walk through my fear and allow my Group to be there for me, I feel the strength in that connection. I learn all those things I thought I needed to know before I served.

As I prepare to rotate out of this amazing experience, it brings a little sadness. My term as GSR has been less than perfect. A part of me wants to keep doing it because I know better now. In prayer, I am reminded of what an incredible experience I had, and I am so excited for the next person to have that. Now I get the opportunity support that member of my Group that is afraid, insecure, and worried about doing it wrong.

Kerry M. – Casper

District 12 - General Service Representative (GSR) / Bridge to Shore

What was my experience? For the position as per the A.A. Service Manual, none! I started as an Alternate GSR with 14-months sobriety, the confidence of the group officers, a willingness for service and a strong recommendation from my sponsor that, “The only answer to the question of A.A. service was, Yes.”

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My experience now after 2 ½ years with six months to rotation, next to my sobriety one of the best times in A.A. Bitter/sweet maybe a more fitting description. There were times when I felt way overwhelmed and others where I was totally unprepared and my shortcomings obvious to all. Other times victorious may be too strong a word but I did nail it right once or twice. Overall, I would not trade it for anything as it is proving to areas where I can and must improve in if I am to be at this level of service in A.A. in the future.

What worked well? Asking for help! There was no hiding, “The deer in the headlights” look on my face at my first winter assembly in Pinedale. I saw our DCM and asked what do I do? Pick a table and sit down was his reply. Not really what I wanted to hear, but it did give me direction. Looking over the crowd I spotted a woman I recognized at our annual District 12 Gratitude Banquet. She was mopping up puddles from the snow people tracked in. It being my first time at an A.A. event newly sober and nervous, I approached her and requested the mop, so I would have something to do. She seemed to know what to do and was sitting at a table. I made a bee line to her table, awkwardly I introduced myself and asked her for help. To this day I am very grateful for her help and am still in need of it (*with covid and results of it, everything is done on computers, which I am totally ignorant of.*) I have found when approaching most people honestly with your need for help, most will bend over backwards to help. A.A.’s are genuinely helpful people.

What has been challenging for me has been my lack of familiarity with the 12 Traditions and 12 Concepts. The ability to meld a tradition to a group or any problem will as time goes forward, should get easier with more study of the traditions. As I had mentioned before, with covid my necessity to use the internet, computer, and smart phone has been my biggest challenge. I literally have no working knowledge or understanding in “I.T.” Not only is it limiting my A.A. obligations, my personal life, from complaining about a late newspaper delivery to making airline and rental care reservations. I know I am the last person on the planet to notice that everything is now done on the internet! No, I did not just crawl out from under a rock, I worked in a trade where access and need of one was not really required until a few years ago, before I retired. My fallback position had always been, my wife takes care of those things. Then she passed away.

What has been changing? Well, the first winter assembly I attended, my take was a lot of concern was between anonymity and the A.A. use of the internet, even more so now. I am aware of some peoples fear of protecting their livelihoods or reputations and are vulnerable to being held to ransom. With the covid pandemic it seems that the internet has become our primary tool of functioning and as a result has increased our efficiency in getting committee work accomplished. Not to mention people’s ease to attend phone or zoom meetings anywhere, worldwide, from home. This has come at a price of the lack of human physical contact of major proportions that has not before been experienced and the results of which good and bad have yet to be known. We are in uncharted waters.

I believe I have fulfilled my responsibilities as defined in the A.A. Service Manual at the basic level. After taking an inventory prior to writing this there are many, and perhaps all areas I could have done much better. In the gray areas of being a GSR there is no doubt I am woefully deficient. As in any job or task to be done the more and longer a person is doing it the better, they become at recognizing issues not clearly defined in manuals or guidelines and all to apparent in human and group behaviors.

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District 12 - General Service Representative (GSR) / Bridge to Shore Continued

In summary I owe a lot to the people who had confidence in me, people who are now serving, have served and continue to serve in different positions. The work (and it is work) and time, speaking for myself, but I am sure those in service would agree has paid huge results much more valuable than money could buy. Being a part of a program where people regain their dignity, self-worth, a new outlook along with a new life. Who would not want a piece of that action?

Patrick F. – Cheyenne

District 3 - District Committee Members (DCM)

My name is Ryan L., and I am an alcoholic. I was taught early in my sobriety the importance of service work and have been able to contribute in multiple roles. Most recently serving as the District 3 DCM. I was sitting in a district meeting as a GSR and was asked if I would be willing to stand for the DCM position. Unsure of my knowledge how to perform the position I looked around the room and saw an amazing support system of men and women with a wealth of knowledge and experience. I said yes and it has been an amazing experience to serve. I learned about the business side of AA and the importance of following the traditions and concepts. The men and women I have met demonstrated a passion for AA that drove me to learn more. Getting to meet people across our state and region at events and zoom meetings has been amazing to learn their experiences and their views. Service work has taught me love and tolerance while also growing my fellowship and recovery. I am grateful to have the opportunity to serve and would recommend the opportunity to everyone.

Thank you,
Ryan L. - Gillette

District 3 - Treasurer

My experience as District 3 Treasurer has been very enjoyable. This is the first service job I have had at the District level. It has been interesting to learn just exactly how and where our money is used. From contributing to area and GSO to the many different ideas our members have for how we can use it in our district. While staying in line with our traditions. It has been a great learning experience. Especially getting a better understanding of the Traditions from the members of our District. I had heard from someone once. That if you do not get involved in the AA program you are stealing from the program. This is just one of the many ways I am staying involved in this program that has saved my life!!! One of the things that I have found out is when the conversation of money comes up. We seem to talk at great lengths on the best ways to use it. While following the Traditions. So, one of the best things I can say about my experience as District 3 Treasurer is getting a better understanding of how our Traditions work and why they are in place for us.

Donny J. – Gillette

District 6 - District Committee Members (DCM)

Hi everyone,

I am currently serving as DCM for District 6. Our District has 13 Groups and 8 GSR's regularly attend the monthly District meetings. Our District meetings have become a place for Groups to share with each other what is going well and what their challenges are, as well as sharing information about what their Groups are doing for 12th step work. This has been delightful to be a part of, to learn from the GSR's, and listen to them share about their Groups' experiences. The most difficult aspect of being DCM, personally, has been learning how the service structure is meant to support the Groups and attempting to facilitate that. Our committee system has made this situation even more difficult to navigate. It seems the District committees, comprised of a chair and sometimes individual members, have become responsible for important 12th step work and Public Information / Cooperating with the Professional Community (PI/CPC) work, which is actually meant to be the responsibility of the Groups. This committee system model has been "normal" for so long it is difficult to see how to do it any differently – and why we may need to seek a more sustainable model. Perhaps the answers will be going back to what used to work, perhaps it will look completely different, and perhaps it will stay just like this for years to come? Looking for opportunities to keep Groups at the top of the upside-down triangle has become so important to me. Most of the Groups have been having some thoughtful discussions around local issues and other items that affect AA as a whole and this has been a bright spot! I am also very grateful to the district officers and chairs that I have the opportunity to serve with this rotation. They have kept communication lines open despite the difficulties throughout the pandemic and continue to have the conversations about how the District can best serve the Groups.

Some important things I have learned are:

1. Do not forget that the steps are vital to personal recovery, *especially* in service.
2. Taxes for non-profits must be paid in January to the State of Wyoming.
3. Remember, the District serves the Groups, not the other way around.

This commitment has been a privilege and I am grateful that I have had the opportunity to serve.

Best,
Kat S. – Casper



District 7 - District Committee Members (DCM)

As District 7 DCM it has been an interesting time to hold the position. At first it was a good position to be of service to. AA and things run as smooth as can be expected and after being an Alt DCM for about four years. I had a good idea what the DCM job was about and there were a few surprises at first, then the pandemic hit, and everything changed. With everything shut down it got to be a challenge to keep the groups informed of things going on. All you could do was just pass on the information to the contacts you had from the groups through e-mail and hope for the best. Learned all about zoom meetings and those was interesting at first but got more use to them as time went on. Went through two assemblies using zoom which wasn't bad, it got the job done. What I would tell a new DCM is to study your service manual and the concepts plus make sure you have e-mails and phone numbers of the groups in your district so you can keep them informed of information that you are getting and ask your past District DCMs for advice if you have questions. Don't get all upset when things don't work or things change. Now that things are slowly going back to normal it will make the DCM job a little easier and you can start having district meetings, plus group meetings. I am looking forward to the convention in Rocks Springs and seeing people in person that I only seen on zoom.

Yours in service
Dennis H. - Kemmerer

District 8 - District Committee Member (DCM)

My experience as a DCM (District Committee Member) during the 2020-2021 rotation. It started out amazing and my first trip was to the West Central Regional in Billings, Montana. I learned a lot about the agenda items and was excited to listen to the various sessions and hear all the comments from the various areas. As I came back to Rock Springs, COVID-19 started to lock down the United States.

AA as I was accustomed changed very quickly. Meetings started to become virtual, business as usual had a new normal. I started attending Zoom meetings for our Area to keep abreast of AA information. Our groups continued to have face to face and virtual meetings. Our district did not have meetings for a couple of months, then we started to meet again. We tried one Zoom meeting; however, as a district it was decided to go with in person instead.

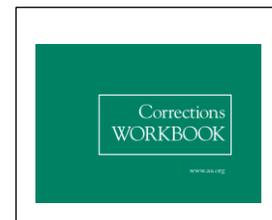
My experience as DCM, is sharing a lot of emails with GSR's and encouraging groups to be active in our Area business. This has been a time of answering a lot of phone calls and giving out information for Zoom meetings across the state. The Area assembly on Zoom was interesting; however, I am ready to attend in person and take part in our fellowship once again.

Thanks for allowing me to be of service,
Sandi H. – Rock Springs

Area 76 – Corrections Committee Chair

Corrections committee basically serve "our primary purpose" in area76's 5 state facilities any way we can. And help the districts county facilities if needed. As the chair I oversee all aspects of our committee. We have contact people for each of the 5 facilities and I talk to the director office. Chair committee work sessions, attend area76 meetings and assemblies. This service position takes a lot of patience and perseverance working with WYODOC but very rewarding. When you have an inmate tell you how the 12 steps and God has changed their life just as it did yours is very spiritual experience. My 1st term has seen the pandemic and all our facilities closed to outside volunteers. It's been quite a year our committee, and an uphill struggle, but we have done everything we've been able to spread our experience, strength and hope. Through communicating with our contacts, at the facilities and DOC office in Cheyenne and sending books and literature to the facilities. Were also about to start Zoom meetings at the facilities as there still on lock down. I've been thankful for the opportunity to serve as area76 Corrections Chair.

Hope this helps, God bless
Steve M - Gillette



Area 76 – Finance Committee Chair

My name is Diane, and I am an alcoholic. I am an elected leader and a trusted servant, but I do not govern. My current service position is the Area Finance Chairperson. Scheduling regular meetings with the finance committee has been helpful in providing ideas and feedback for the General Service Conference Agenda items, as well as aiding in the review of the budget for Area 76 during a very unusual year. It has also been suggested to me that the Chair should be familiar with the finances of our General Service Office. I enjoyed attending to Area Business at the two scheduled assemblies each year.

My responsibility as the Area's Finance Chairperson has been both humbling and rewarding. I am grateful for the experience of my service sponsor, the past Committee Chair, and members of AA, who have shared so generously when I reach out for help. When I remain teachable, my emotional sobriety is apparent. This is grace. It is the reason that my Higher Power has led me to involvement in service. I have conceded to my inner most self, that my sole authority is a loving God as He may express Himself in our group conscience.

Thank you,
Diane P. - Jackson



The Road to Service in Wyoming

I did service work back in Pennsylvania where I got sober many years ago. I set up chairs, made coffee, and eventually lead a speaker's meeting that at first was daunting because I had to recruit speakers, which was a good opportunity to meet people in the State College AA community. I eventually became a GSR and started attending district meetings but never made an Area meeting. Indeed, my knowledge of the AA service structure back then was sketchy at best.

My central Pennsylvania district was sprawling, encompassing nearly all of Centre County, including college towns and the backwoods of Pennsylvania, home of the Whiskey Rebellion back in colonial days. Our district had a problem with groups not contributing, so the DCM charged me and another guy to go out and attend meetings in the far-flung outer reaches of the district. So, the road trips were on! What a blast! Although some treated us with suspicion, we quickly established trust and good cheer as in most all AA meetings. One particular meeting was noteworthy, a smokers meeting in a big barn where the smoke was so thick it hung in a cloud above a long oak table.

After my two-year GSR stint was up, I was asked by the medallion meeting to serve as Treasurer with the warning that a couple of members had their hands in the pot. After sorting out that mess, another group took over the meeting and I was out – praise the Lord.

I moved to Wyoming in August of 2008, with my 19-year daughter and my three young kids, ages 9, 7, and 5. Our first stop in Wyoming as a family was for lunch in Lusk. We walked in the diner and everyone looked at us. They all had cowboy hats on. We did not.

Once we arrived in Laramie, a meeting was in order, the downtown group discussion meetings at first but then eventually I found the "As Bill Sees It" meeting. After serving as a GSR I attended some Area Business meetings, which I at first considered a chore but eventually found interesting. Wyoming is a unique place, big state with a small-town atmosphere, which permeated those business meetings. I served on the web committee, which was a spin-off of the public information committee, and enjoyed the lively conversation and debate. I have heard and my personal experience supports the proposition that the intelligence of AA members may be above average, of course, that does not immunize us from stupidity.



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Area 76 – Guidelines Reports & Charter Committee Chair Continued

After my GSR time was up, the Area asked for volunteers for committee assignments. So, I figured I toss my hat in the ring. My heart sank when I was informed that I would be the chair for the Guidelines, Report, and Charter committee. What was that? I had a nightmare that I would have to go to AA law school, serving as magistrate in drunk court. I still have to look up the committee name to get the title right.

One of my first assignments was to go through previous business meeting minutes to find motions that were passed that needed to be chiseled in the guidelines, seemed doable but tedious. We then had to deal with a voting motion, which made my head spin. Our committee spent the better part of an afternoon working on the language. The time flew by, smart people, good writers. I don't want to get carried away and say it was great fun, but close enough but more importantly I came away feeling more connected to AA and with a deeper appreciation of the necessary work that happens behind the scenes. That work builds the roads and bridges of AA, ensuring that people like me can find a place to connect with my higher power and stay sober one day at a time.

Tim C. - Laramie

Area 76 – Literature Committee Chair

WOW!!! What a time to be of service as Area 76's Literature Chair.... Have to say it has been a great learning experience plus lots of fun!

As the Area's Literature Chair, I have the responsibility of maintaining an inventory of books and pamphlets to offer for sale at the Area Business Assemblies and Area Conventions as well as to supply requesting Groups in between these events. There have been some new challenges during this time of virtual meetings and canceled conventions such as finding out the most economical way to ship books, but nothing that was not do-able.

Of course, chairing the Literature Committee is a big part of my experience. Most of you know that this committee usually has the largest number of agenda items so there is a lot of opportunity to learn from the MANY pages of background material. One Blessing (???) from the pandemic were the Virtual Committee Meetings! Being able to have our Area Chair and Delegate present was extremely helpful in tackling the Agendas to prepare our Area Delegate for the General Service Conferences.

Finally, I have to say what an honor to be asked and a privilege to serve Area 76. The assistance offered by so many in carrying out these responsibilities has been tremendous and for that I am incredibly grateful! I could not have done it without God and y'all, so Thank you!

Andrea A. – Laramie



Area 76 - Public Information/Cooperation with Professional Community Committee Chair (PI/CPC)

I am Cindy and I am an alcoholic. I have had the privilege of serving as PI/CPC chair for this two-year rotation, which has been an interesting and history making time. Through the pandemic I have not met with my committee in person, but we have had committee meetings via zoom, and we held a CPC workshop July of 2020 via zoom. I look forward to meeting in person in September at the Sundance Business Assembly and be involved in the election process. What I would say to anyone interested in standing for this position, is zoom has been a great tool and can continue to be in future work for this committee and for Area Business. I have never felt qualified for any position I have held in Alcoholics Anonymous, but I have been willing to try. I have come to realize that is the beauty of it. We are not professionals and when I feel like I might know what I am doing, is about the time I am rotating out. Oh, and the service manual helps a bunch too.

Cindy M. - Thermopolis

DISTRICT 10 - Public Information/Cooperation with Professional Community (PI/CPC)

Shortly after I first entered the rooms of AA, I wanted to do service work.

As long as I can remember, I have always had a servant heart, however, as I grew up in the program, worked the steps and added more 24 hours of sobriety; I came to realize I initially in those very early days, wanted to “volunteer” because it made “me” feel valued and needed.

My sponsor suggested I keep the coffee made and serve it during each meeting I attended and to look for someone I had not met before and reach out to them after the meeting and introduce myself and to look for opportunities to pick up crumbs on the carpet or clean up coffee spills.

This instilled a sense of appropriate pride and responsibility for the group and our meeting place. With additional time and sobriety, I was given the opportunity to go on 12 step calls with my Sponsor and the GSR offered (suggested...lol with the blessing of my sponsor) to become the Secretary of my home group.

I came to understand that serving saved my life!

I also came to understand that serving is just that...servicing. It is an honor to serve, being part of the hands and feet of AA, *“helping others” and “helping to ensure AA is always here” for both the suffering as well as, recovering Alcoholic.*

That is where my participation in PI / CPC comes in. I started serving on this committee while living in the Kansas City area where I got sober and continued when I moved to Laramie.

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Remembering and applying what my first sponsor taught me, “before you go anywhere, always contact AA in the location you are going, get the meeting list, tell them you need a ride or ask for walking directions (I was unable to drive for 1 year) and then go to meetings and get numbers from the ladies”.

Fast forward to 2018 and my move to Laramie.

Doing as my first sponsor suggested, I called the Laramie hotline and met Deborah S.

Immediately we hit it off as we both have a passion for service.

For the next year plus, I led and served on the committee. The following year and throughout the Covid19 pandemic. Deborah led and we served together both in District 10 and on the Area 76 committee.

What worked well was to serve in an area of passion, engage and encourage others to become involved, to lead by serving, and going alongside others to help them grow in their understanding of why we serve and to help others also.

During the pandemic, we continued to participate in roundtable discussions with the 1st year medical students at UW, participated in the Area 76 committee to share our experience, strength, and hope with other AA members across the state including the participation in a CPC/PI Zoom training event. We found the phone calls we made, personalized communications including AA approved flyers we mailed and emailed prior to the pandemic; to District 10 Area spiritual leaders / clergy, and medical professionals helped them to feel a connection to AA making it easier for them to reach out when there was someone needing help. International adoption of Zoom afforded us the opportunity to participate in various training and service opportunities including the National PI /CPC Working Group, West Central Region, Area 76 Business meetings, monthly Area and District committee meetings,

Challenges included keeping committee members engaged and positive. Deborah did a fantastic job coordinating with our phone technology trusted servant to ensure the hot line continued uninterrupted while continuing to share information / recruit additional trusted servants via District meetings, internal email communication vehicle, “the Trudger” and with me / other GSRs during Group Conscience/Business meetings to answer the hotline and in partnership with Phyllis V., ensured 12 step calls continued sometimes on zoom and sometimes in the hospital via phone calls initially. Phyllis also continued to open the Downtown group for in-person meetings as this meeting method was still the required format for those required to attend the Albany County court ordered program.

Now that we starting to move closer to the “New normal”, we plan to revisit with our spiritual/clergy, health professionals and step-up efforts to reach out to the higher, middle, and lower education and District area hospitality contacts as travel and tourism reopen.

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Through the pandemic we also learned that zoom is a wonder means to open the doors to many members who previously were unable to get to meetings due to failing or fragile health and as such, are looking for the best way to continue to carry the message to this AA community as well.

Barb S. – Laramie

Area 76 - Tributary Chair

The responsibility of the Tributary chair is to request articles from the area officers, area committee chairs, and the fellowship. Chair compiles articles received and should include additional information such as upcoming events, jokes, etc. (Right of Decision). Tributary is supposed to be published for each convention and assembly then uploaded to the area website. In recent years, the Tributary chair has had difficulty in both requesting articles and receiving articles. Soon after the start of this rotation the Area 76 Tributary moved out of state. As the Area 76 Alternate Delegate, I offered to take on the responsibilities for this rotation to see if I can be helpful.

I began requesting articles for this edition at the last area assembly, at the monthly area meetings and via two emails to the area distribution list. I asked that the officers and chairs submit articles regarding service as area elections will take place in September. Any member could submit an article preferably on Steps, Traditions, Concepts (4-6).

As of May 13th, only three articles were submitted so I called four officers (spoke to one in person), six committee chairs (emailed one), and eight DCMs (emailed two) to personally appeal for articles. On May 15th I texted fifteen GSRs and members who currently have a service commitment at the group or district. Thank you to the GSRs, DCMs, District Committee Chairs & Officers and Area Committee Chairs and Officers who were willing to share their experience. For those positions that are not included in this edition, please review the AA Service Manual or Area 76 Service and Procedure Manual. [**The A.A. Service Manual Combined With The Twelve Concepts for World Service, by Bill W. and Area 76 - Wyoming Service and Procedure Manual.**](#)

In previous years there have been agenda items to not publish the Tributary. The area has favored continuing the Tributary each time. I am not of the mindset that I think we should do away with the Tributary (yet). Yes, it is taking effort and creative communication to bring this edition together, but as with being willing to go to any length for recovery from alcohol, I am willing to go to any length to fulfill my service commitment.

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Area 76 - Tributary Chair Continued

Several years back at conventions and assemblies, each district would be provided an envelope with copies of the Tributaries. I will print Tributaries for each district and include fliers for the next edition topic and deadline and hand them out at the convention in Rock Springs. If members of your district are not present, I will mail them after the convention. **DCM's**, please make sure each group in your district receives a copy of the flier and the current Tributary. The Tributary will also be posted on the area website, after the convention.

The following are either necessary or helpful if the Tributary is going to be successful: computer, computer skills, willingness to request articles, willingness to make personal contact, creativity, and knowledge of obtaining useful information and a willingness to serve the members of Area 76. Currently, I have an account at the UPS store, in the name of Area 76, where I get copies printed.

With Grateful Service

Mary M. - Cheyenne

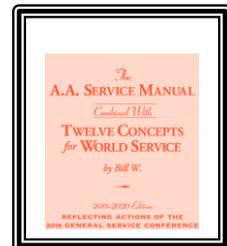
Area 76 - Delegate

Before standing for alternate delegate for the second time (the first time ended in the hat where God wisely spoke), I discussed the decision with the alternate delegate and delegate at the time, many past delegates and other AA members with whom I had served in other positions. I asked not only if they thought I was capable but encouraged them to share their experience as alternate delegate and delegate. I read stories in the Grapevine and listened to speakers talking about the experience and responsibilities of service at the delegate level. I assessed and prayed about my personal willingness and took the plunge.

As an alternate delegate, I had the opportunity to present GSR Schools for many groups and districts in Area 76. Preparing to do that required digging deep into literature, traditions, and concepts. Answering questions during and after the schools required digging even deeper. Without your curiosity about service and AA as a whole I would have been less prepared to serve as delegate.

There is a whole chapter in the service manual about service as delegate which explains it much better than I can. Familiarity with the service manual is indispensable when serving any level in AA. I can share that my experience as Area 76 Panel 70 delegate took me on a spiritual journey I had never imagined and allowed me to grow in humility, compromise, and responsibility. I thank you for the opportunity and the fellowship.

Ramona B. – Rock Springs



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?

For many years in Alcoholics Anonymous, I served as the group secretary, district secretary, or intergroup secretary. I have also served as a Corrections chair for District 12 and Area 76, Registrar for Area 76, sat on three convention committees, Gratitude Banquet chair and chaired the West Central Region Alcoholics Anonymous Service Conference (WCRAASC). For more information on my service as General Service Representative (GSR) and District Committee Member (DCM), please read March 2021 Tributary. There has not been a service commitment that I have served that I did not need to set aside my personal desires and make sacrifices.

Finishing my rotation as DCM, though I **was qualified** to stand for Alternate Delegate and Delegate, I was unwilling and unable to fulfill the responsibilities, so I **did not** stand. I did stand and was elected **Area Registrar**. At the start of the rotation, I cross-referenced the database, district meeting schedules, and group contributions list to assist in the cleanup of the records. I updated the system with each new Group Information Change Forms and District Committee Forms. I communicated regularly with the GSRs, DCMs, Delegate, and the Records Department at the General Service Office. I attended and fully reported at the area assemblies.

I was encouraged to stand for the service positions I was qualified for. Though it is not a requirement, I believe GSR helped prepare me to serve as DCM; DCM helped prepare me to serve as Alternate Delegate.

As the current **Alternate Delegate** of Area 76 I have attended and fully reported at the monthly area meeting and the area assemblies (*in its entirety*), facilitated GSR schools, conducted a workshop, made myself available for most of the committee work sessions, attended the WCRAASC, been of service to individuals, committee chairs and districts (who have asked for assistance or where I saw a need), attended meetings throughout the state (virtually), attended various conventions and workshops (virtually), attended the North America Alternate Delegates (NAAD) monthly meeting, answered hotline calls, and started taking meetings into the county jail. I also offered to assume the responsibilities of the Tributary chair this rotation as there was a stated need. I have strived to carry the message of Alcoholics Anonymous through the 12 Steps, protect the message of Alcoholics Anonymous through the 12 Traditions, and perpetuate the message of Alcoholics Anonymous through the 12 Concepts.

Thank you for the opportunity to be of service to the members of Alcoholics Anonymous in Area 76.

Mary M. – Cheyenne

My current service position in Alcoholics Anonymous is the Area Chair. As with all the service positions in Alcoholics Anonymous I have had, I did not know how to do the job before I got it. During the rotation, I did learn how to do the job.

The Alcoholics Anonymous Service Manual Combined with the Twelve Concepts for World Service contains a job description for the Chairperson in Chapter Five "The Area Committee". Throughout my service in Alcoholics Anonymous I have always referred to this manual for reference to the job description of the positions I had. Also, Area 76 has a Service and Procedures Guideline listing a brief job description I use for reference as well. The main task of the chairperson "is responsible for the smooth running of areas assemblies....."

RESPONSIBLE FOR THE SMOOTH RUNNING OF AREA ASSEMBLIES.....Toss in the extra element of a pandemic to see what rolls out for service opportunities. And the journey continues. Wyoming is a remote area in a good and healthy time given the distances between towns. The challenge of how to do area business with quarantining was/is/can be an opportunity.

I began my rotation as Chair in January 2020. Given that this area does not have an area orientation for incoming positions and the handoff of materials and learned experience from the outgoing position holders the opportunity presented itself to at least have a monthly area phone call meeting with the new officers, DCMs and appointed committee chairs. We began having the Area Committee monthly phone call to stay abreast with what was happening in Area 76. The pandemic hit and we were able to switch the monthly area committee call to a monthly zoom meeting. As the lockdowns began and continued, having some zoom experience and familiarity with the platform along with speaking with other Area Chairpersons across the US and Canada Area 76 began planning our first virtual assembly March 2020. We did not have time to launch a full assembly but with input from the area committee and their district/GSR feedback we at least were able to have an area wide meeting to get our Delegate informed on the Conference Agenda Items to attend the first virtual Alcoholics Anonymous General Service Conference May 2020.

Smooth running of area assemblies is impacted with the area committees being able to get their committee work done PRIOR to the assemblies. One blessing of the technology leap due to the pandemic, was that we were able to offer each committee time and space based on the committee chairperson's choice of date and time to have ample opportunity to review the Conference results prior to September 2020 and then to prepare our delegate for the 2021 Conference at the virtual assembly March 2021.

We continue to have monthly zoom area committee meetings to stay up to date on districts and committee work sharing how returning to in person AA activity is happening.

My hope would be that the Area continues to take advantage of the virtual technologies to allow committee work to be done between and prior to "in person assemblies". We can recall how trying to have the committee work done AT the assemblies did not give time to get the work done, hearing/listening over other committees noise in a combined room was a challenge. There was room for improvement.

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Area 76 – Chair Continued

What I would like future Area Chairpersons to know is, to be open to ways to improve a smooth assembly process. There is always room for improvement.

I have done my best to make the service opportunities for Area 76 committee work sessions available to all members with the email distribution. When there is a rotation, it is enormously important to gather the contact information for all new GSR's, DCMs, and their alternates and get to the Area Chairperson and the Area Secretary to keep open the CHAIN OF COMMUNICATION. It is vitally important is to assist the delegate with communication efforts and opportunities as well.

Thank you for allowing me to be of service to Area 76 as your Area Chair. Blessings to all. God bless Alcoholics Anonymous.

Sincerely,
Kathi C. - Sheridan

Area 76 - Secretary

Our Twelfth Step—carrying the message—is the basic service that the A.A. Fellowship gives; this is our principal aim and the main reason for our existence. Therefore, A.A. is more than a set of principles; it is a society of alcoholics in action. We must carry the message, else we ourselves can wither and those who haven't been given the truth may die. The A.A. Service Manual p S1

The Third Legacy, as defined by Bill: "...an A.A. service is anything whatever that helps us to reach a fellow sufferer—ranging all the way from the Twelfth Step itself to a ten-cent phone call and a cup of coffee, and to A.A.'s General Service Office for national and international action. The sum total of all these services is our "Third Legacy of Service." Alcoholics Anonymous Comes of Age page 347

My name is Laurie, and I am an alcoholic. I am grateful to have been sponsored into all 3 Legacies of Alcoholics Anonymous and to have had many opportunities for service work including Twelfth Step calls, making coffee and cleaning ashtrays, serving as GSR, alternate DCM, area treasurer, and I am currently serving as secretary for Area 76. I cherish these experiences and the opportunity to help perpetuate the message of Alcoholics Anonymous. I pray I remain willing to be of service to our fellowship and help carry the message to the alcoholic who still suffers.

I believe that being involved in service work has been a protective mantle over my sobriety by helping me to get out of self, maintain connections and relationships with other alcoholics, learn how to give back, be challenged by new skills, and see the benefit of studying our literature with my sponsor to keep learning about our spiritual principles through the 12 Steps, 12 Traditions and 12 Concepts.

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Area 76 – Secretary Continued

Thank you for allowing me to serve as secretary for our area. It has been a fun and rewarding service position. As area secretary I send out informational emails and flyers, keep an updated mailing list, attend and take minutes at our monthly area calls, help our area chair put together the schedule and agenda for our assemblies and distribute them, and then take minutes at the assemblies and distribute them to Area 76. This program is a design for living and it works! It really does! I am looking forward to seeing you at our next assembly in Sundance this September.

In love & service
Laurie J – Sheridan

Area 76 – Treasurer

I think my time as treasurer has really been an experiment to see how many ways people can spell Lindsay. This position requires that I deposit money, pay expenses, balance the check book, present accurate accounting information to the fellowship, help the finance committee, and answering questions about financial matters. This position has given me an opportunity to serve the fellowship that I Love and the people in it. I have made new friends and had the opportunity to strengthen old friendships. This rotation has been a totally new experience with a lot of “zoom” meetings and very few in person meetings. Assemblies are something I have come to enjoy and look forward to. As with any service position I have had, it has been an opportunity to serve, to give back to the fellowship.

Lindsay S. - Gillette



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

May their experience, strength, and hope live on.

Erik J. Eye Openers Group Cheyenne

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

