

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
- Delegates Corner
- Hotline Numbers and Contacts
- Meeting Guide
- 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.

A request for articles/stories went through the area email distribution list, talked about at the monthly area gathering and no less than 30 personal requests to Area 76 Officers, Committee Chairs, and some members who attended WCRAASC. Any member of Alcoholics Anonymous is welcome to write a story sharing their experience, strength and hope as it relates to recovery from alcoholism. I'd like to encourage G.S.R's, D.C.M's, Area Officers and Committee Chairs to write about the service work experience since they rotated into their current position. Share about upcoming events in your groups or districts. Send articles, comments, and/or suggestions to m4wyoming@gmail.com. My hope is that you enjoy reading the articles/stories submitted and will be inspired to share your own experience, strength, and hope in future editions. The deadline for the next Tributary is May 5, 2025. Articles/stories can be sent at any time.



2025 Upcoming Events

May 16-18

Spring Convention

Cody

July 3-6

International Convention 2025

Vancouver, BC (Canada)

August 22-24

Summer Business Assembly

Riverton

September 19-21

West Central Regional Forum

Omaha

Welcome to Panel 74!

Area Officers

Delegate: Steve M. (Gillette)

Alt. Delegate: Kat S. (Mills)

Chair: Pete F. (Cody)

Secretary: Diane P. (Etna)

Treasurer: Fran O. (Cody)

Registrar: Brook R. (Jackson)

Archivist: Jeff M. (Cheyenne)

Area Committee Chairs

Archives: Michelle O. (Casper)

Corrections: Rich K. (Cody)

Finance: Tim D. (Gillette)

GAP: John S. (Cody)

Grapevine: Sandi H. (Rock Springs)

Guidelines/Reports & Charter: Maria C. (Wilson)

Literature: Sam F. (Rock Springs)

PI/CPC: Sally W. (Riverton)

Treatment & Accessibilities: Bill H. (Cheyenne)

Tributary: Mary M. (Cheyenne)

Web: Mike B. (Grover, CO)

Delegate Experience at January Board Weekend

I was asked by Mary M., our Tributary chair, to write an article about my experience at board weekend. Let me start by saying, the reason I was invited to board weekend is because I was elected by my peers to be the Conference Committee on Trustees or (CCT) chair at the 74th GSC. All conference committee chairs are invited to the board weekend. It was an amazing experience and truly an honor to attend and be involved in the process. I was part of the Trustees Nominating Committee or (TNC) meeting, which is the corresponding Trustee committee to (CCT.) I participated in discussions and got to ask questions on the committee's agenda topics. I also sat in on Trustees, Public Information, General Service Conference, and Finance & Budgetary Committee's as an observer. It was impressive how well Trustees and staff knew the information. And the volume of work that is accomplished in a short period of time. The meetings are run two at a time so we couldn't attend all the meetings. We also attended the actual Board meeting "open session" which basically means, we didn't see any voting that is done in "closed sessions. "It was very busy and no wasted time. We have some very hard-working people in our service structure. Most trustees, non-trustee directors, and staff were very generous with their time in between meetings. I took this opportunity to get to know some of those people I don't necessarily agree with. And try to understand why they think so differently about what's best for A.A. as a whole. I had several good, in-depth heart-felt conversations. Most of which are centered around; 1. how spirituality fits into the process of choosing Class A & General Service Trustees, non-trustee directors and appointed committee members. 2. why we seem to be afraid of having hard conversations? (i.e. the PAI's process) Because UNITY is found in the discussions I believe! And only then can we have informed group conscience decisions. Most of this I have already said in our monthly Area gatherings, which are first Wednesday of the month at 7pm. If you want to know the answers to both questions you'll have to come to our assembly in Rock Springs, April 4-6 and ask me in person. If you haven't heard me, say this in a while, "I Love General Service." The joy, emotional and spiritual growth it has made in my life is immeasurable! And to serve as your Delegate is truly a gift of "God's grace!" Which is the life blood of A.A. according to Bill W.

God Bless,
Steve M. – Area 76 Delegate/CCT chair

2025 General Service Conference: April 27, 2025 - May 3, 2025

What can we do as members of Alcoholics Anonymous?

- Pray for our conference members.
- As individuals or groups: Send encouraging emails/texts/cards to Steve.
New York Hilton Midtown 1335 Avenue of Americas, New York City, NY 10019
- Share with our home groups about General Service and the Conference.
- Inform our members about the many services offered and available.
- Help financially support the General Service Board with 7th Tradition Contributions.
- Light a candle throughout the week asking your Higher Power to watch over, guide, and protect the conference members and conference process.
- Express gratitude instead of finding fault.

West Central Region Alcoholics Anonymous (WCRAASC) Host Committee

It all started at the Summer Assembly 2023 in Sheridan when the Area Chair asked for a bid for the West Central Regional AA Service Conference (WCRAASC) 2025. There was a long pause..... The chair asked again for someone to bid, reminding us that the planning process needed to start for an event scheduled for March of 2025. I felt drawn to speak up and in just a few moments, the GSR of my home group went to the mic and volunteered for the Last Chance Group!

After about 10 years of attending this event, this year I served on the host committee as the chair. During the committee meetings, we spent time discussing important issues such as venue options, registration options, technology options, and finances. We had some hiccups as the event drew closer... A few months before the event, the hotel staff that we were working with were no longer employed and there was a new sales team that requested we sign a new contract. Initially, the contract terms were different, and since early registration was already available, we thought that could cause some serious financial problems. We promptly met with the new staff, and they honored the original agreement that we had (including free coffee!). Later, when it was discovered that the hotel was out of rooms before the room block deadline and the hotel was booked, we met with them, and they assisted with finding an overflow hotel for us. Then, about a month before the event, we received requests for ASL and Spanish translations and quickly started searching for interpreters. We did not consider verifying each request, we just moved forward with finding options. This ended up being a costly mistake as ASL interpretation is more expensive than we budgeted, and it was discovered that all the requests were made by mistake. Due to their cancellation policies, we were required to pay for the services for the weekend. We learned a valuable lesson here to double check with each request to ensure the service is needed when the request comes in at registration.

Planning WCRAASC was a lot of fun! I was able to spend time with members of the committee talking things out, solving problems, and finding solutions that aligned with AA principles. At times, I laughed so hard I cried. There were moments of fear that we would let the Area down. There was stress in problem solving in a time crunch. We got to work together and learn to practice Rule 62, "don't take yourself too damn seriously." There were a few meetings where we were all reminded that no one wants to step on anyone's toes, and no one wants to drop the ball. Everyone did such an incredible job!

Attending WCRAASC this year was a unique experience for me. Participating in the event was a lot different than years prior when I would just sit back, relax, and enjoy the hard work the host committee was doing behind the scenes! Honestly, the work done by all of the members of the host committee made my job an easy one. We had nine committee members that consistently attended the planning meetings, met every deadline, and were present the entire weekend. There were late nights and early mornings, and this committee didn't miss a beat! Thank you for the opportunity to serve, I am so grateful to have been a part of the experience!

Kat S. – Last Chance Group - 2025 WCRAASC Chair – Area 76 Alt. Delegate

West Central Region Alcoholics Anonymous (WCRAASC) Host Committee Continued

Being a part of a planning committee always seems to look different. The people we work with, the event we are planning, and the responsibilities we have create a different experience every time. As someone who has a tenuous relationship with money, I ended up as the treasurer, once again! I have served as Group Treasurer and Treasurer for an Assembly planning committee. Needless to say, I was not excited about this position. The difference between the previous positions and this one is I had the added support of our Regional Admin. That was incredibly helpful. When I did not know what questions to ask, she was ready with the guidance I needed to navigate through this experience.

I learned a great deal about what it means to work within the scope of your position. The members of the committee with more knowledge than myself were very gracious in their leadership. This was a completely new planning experience for about half of the committee, and I always felt the understanding, patience, and tolerance of the other members of the committee.

I found this process valuable because I was allowed to have missteps, and I knew there was someone there to help me through those times. I was empowered to do my job, and that came with pitfalls and questions. Whatever shortcomings I felt were a part of this, this group of people was committed and unified. Every person who accepted a position stayed on course.

Planning this Regional event definitely looks different than planning a Group or Area event. This experience was not just about the local planning committee. The input from the Delegates of our Region was very important. The funds are handled differently, and that was a new experience for me. Seeing how hard every committee worked, and how wonderfully the Committee Chair brought, and kept, us all together was incredible. I came in to this very naïve about how things were done. Having my mind opened through the shared experiences of previous committees and past events was invaluable. When I sit on the outside of something, it can be very easy to have opinions about how things should go and how they should look. The behind-the-scenes work was so much more involved than I ever considered. I have a new found respect for planning committees.

Gratitude came in leaps and bounds for me throughout this past year and half. I get very spoiled by this program and the people who live the principles of Alcoholic Anonymous. I can easily take this life for granted. I received such amazing feedback from our translators. They felt welcomed and included. When someone from outside the fellowship has a fantastic experience with us, it helps me remember what a wonderful life we lead when we are practicing these principles in all our affairs.

The committee put a lot of thought into and discussion in to the preliminary budget for this Service Conference. We were very cognizant of the registration fee, and keeping it as low as possible. Despite our best efforts, there were still surprises. As these things came up, we dealt with it as a committee and got through it. There was negotiation with vendors, and sometimes acceptance for things as they were. When we asked for financial support from all the people who paid to attend the Conference, they really came through for us. The generosity of everyone was astounding! It was thanks to those people who went the extra mile that we were able to make up for some of these unexpected expenses. I also had the chance to host a few of our members from Minnesota. My Group taught me what it means to host our friends. So, I took that opportunity to introduce our friends to our wonderful city. Before the conference, we went for coffee at one of our local coffee places. After the Conference, we spent some time up on the mountain and walking along the river. Our Hospitality Chair did a great job allowing members of our District to spend some time with our friends from other Areas through offering rides to and from the airport. I saw the value and necessity of the Steps, Traditions, and Concepts working in every meeting we had. This was not a Group planning committee. This, truly, was an Area and Regional collaboration. We had discussions and disagreements and stuck through it all.

Kerry M. – Last Chance Group - 2025 WCRAASC Treasurer

The generosity of everyone was astounding! It was thanks to those people who went the extra mile that we were able to make up for some of these unexpected expenses.

Volunteering for the WCRAASC

A Service Opportunity

The WCRAASC rotates throughout the West Central Region made up of eight areas; see page 93 of the 2024-2026 A.A. Service Manual combined with Twelve Concepts for World Service for a map. This conference only comes to Wyoming every eight years. Of course, I would volunteer to be a part of the host committee.

Being a volunteer means I would be offering my services for free. Each person has different skills, experience, and an interest in a certain aspect of opportunities the host committee has. The chairperson wrangles the herd of volunteers through the planning meetings held monthly for about a year leading up to the conference. There are several committees that make up the host committee. Just showing up and saying, I am ready to help wherever is needed is what I have done many times. I have served as a coffee maker and hospitality room attendant, great fun by the way. I have served as a greeter completely making effort to meet new friends and to answer basic questions about the location, etc. I have served as a registration person, also great fun to meet many new friends. I have served as treasurer, not glamorous but vital work in the background. I have served as chairperson, thus being responsible for making sure all aspects of the conference go as smoothly as possible. I try to volunteer at every event I can. That is being of service and our Third Legacy. Part of being a volunteer includes being responsible. Being responsible for showing up at each of the planning meetings, being responsible for completing a task when I say I will do it and being responsible for showing up at the conference. Personally, I always like to arrive early and stay late since often there is an unplanned opportunity to assist in taking care of something.

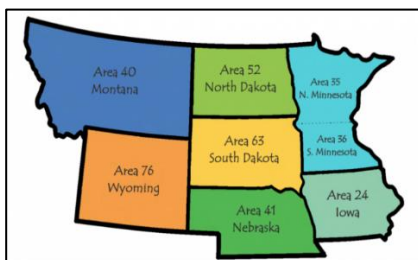
Being of service and volunteering also means I am getting out of myself and helping others, again our Third Legacy.

Since the WCRAASC has attendees and participants from all eight areas, volunteering is also an opportunity to meet other AA members not from Wyoming and to see old friends I have met at other WCRAASC's. Volunteering fills me with gratitude and joy. Volunteering can be challenging along with rewarding. Volunteering helps provide the setting where our West Central Region Delegates present the General Service Conference Agenda Items and gather thoughts and feedback from the region on those agenda items to become informed and ready to take care of the business of Alcoholics Anonymous during the GSC week. Who would not want to be a part of that?

Volunteering is great! I would encourage you to try it if you have not yet.

With love and gratitude,

Kathi C - Panel 68, Area 76 Delegate - West Central Region Admin



WEST CENTRAL REGIONAL A. A. SERVICE CONFERENCE OUR PURPOSE

The purpose of the West Central Region Alcoholics Anonymous Service Conference (WCRAASC) is to develop greater unity among members, groups, and areas of the West Central Region; to encourage the exchange of ideas and experiences, and to provide an opportunity for members to discuss pertinent aspects of Alcoholics Anonymous. Recovery, Unity, and Service should always be the primary purpose for each conference. The thought of how we can better serve A.A. should never be compromised.

Volunteering for the WCRAASC Continued

I was asked to be on the tech committee at WCRAASC in Casper. I had already planned on attending so sure, how may I help? My friends asked me to merely “man a mic”, be sure the floor mic was on when a person came to share and mute when not in use.

I split gas and lodging with my friend, so it didn't cost too much. We arrived Thursday afternoon and left Sunday morning. Thursday was spent getting computers hooked up, getting logged onto hotel network and becoming familiar with Zoom platform. Friday at 7:00 a.m. we were set to go live, we thought... Well not so fast, technical difficulties plagued us all through the day and night until 11:00 p.m. I am not tech savvy, but I felt helpful and needed. The tech team members brought and used their own laptops. Saturday started at 6:30 for the tech committee. We attended the breakout sessions and recorded sessions on our personal computers. We spent time transferring the recording to our Regional Admin, Kathi C., for archival purposes. We did make ourselves take the lunch and dinner break (unlike Friday). Our evening did not end until 11:30 p.m. Sunday was another early start, 7:00 a.m. By this time tech was a smooth oiled machine. We were last to leave as we were wrapping up Zoom, recordings, compiling emails for those who requested recordings, and packing up our individual equipment.

Even with the technical difficulties we experienced (primarily Friday), it was a great conference. Having Marita R., Trustee at Large U.S., not only share her story Saturday evening, but she also fielded answers throughout the weekend. I am very impressed to learn about many services provided for our members and where our 7th Tradition Contributions help with these services.

Returning home exhausted, from merely “manning a mic,” the topic at the next meeting was from Bill's story, Pages 14-15, “For if alcoholic failed to perfect and enlarge his spiritual life through work and self-sacrifice for others, he could not survive the certain trials and low spots ahead.” As I sat in that meeting, I wondered if that's what the service conference had done for me, helping me to offer self-sacrifice for others.

Kelly K.- #1 Group – Cheyenne

West Central Region Alcoholics Anonymous (WCRAASC) Impressions

A note from Linda Chezem Class A Trustee, former Chairperson of the Board of Trustees (non-alcoholic): I thank the West Central Region for their hospitality during the service assembly. I appreciate visiting with friends of long standing and meeting new friends. I am grateful that in 1976, the men from the meeting down the street came to my chambers and told me about AA. It has been a journey in friendship learning how the Steps, Traditions, and Concepts provide the spiritual principles for recovery, service, and unity.

Thank you, LLC

The highlight of West Central was traveling with a friend and arriving on Thursday afternoon to a lively hotel lobby filled with members from throughout the region. Lots of hugs, loud talk and laughter. We had a group of ten people (new & old friends) for dinner. We carpoled to the local meeting at Beech Street and celebrated birthday night in a packed room. There were three long time members celebrating. A member from the Jackson area was in town for state wrestling and was at the meeting. We talked about West Central, and they were able to attend the Saturday night speaker meeting and hear our Trustee at Large, Marita.

Mary M. – Wednesday Women's Group – Area 76 Tributary Chair – Past Delegate Panel 72

WCRAASC Impressions Continued

Having attended the West Central Regional Service Conference in Casper, I thought (with a bit of a nudge from our Tributary Chair) some impressions of the Conference might be in order.

I arrived in Casper on Thursday February 27 in order to attend the Friday early bird session for past and current Trustees and Delegates. The first session was called to order by our new Regional Trustee Charlie H., from Nebraska. (Nebraska has seemed to have a strangle hold on the Trustee's position for our region of late.... must be God's will.)

These sessions gave us a chance to meet the new Delegates from the Region. Our region consists of 7 states and 8 Delegate Areas; Wyoming, Montana, North Dakota, South Dakota, Northern Minnesota, Southern Minnesota, Nebraska, and Iowa. Friday's meetings were quite well attended, and everyone who cared to participate had ample opportunity to share. Also of note, attendance virtually was well attended on the Zoom platform, and virtual attendees were able to freely participate, and did.

The General Service Conference agenda items were gone through with a nice interspersing of panels and workshops.

Attendance was decent, but conspicuous by their absence were large numbers of AA's from Minnesota. This is noteworthy, as Regional functions are usually very well attended by our Minnesota members. My impression was that the rest of the West Central was very well represented, with Nebraska showing the most exuberance at the Conference. There were some Golden Mic moments with repeated trips to the microphone from a handful of attendees, but in keeping with AA tradition, they shall remain anonymous...(thank you for sharing) Kudos, many thanks, and a lot of gratitude are owing to the crew who planned the event and pulled it off almost flawlessly. The tech crew was also exceptional. And as a side note, the hotel was really set up for an event of size. We did not come near using all of the available space. I heard some grumbling about the adjacent restaurant and heard reports that some of our people failed the live patience and tolerance drill at Saturday lunch. (I opted for Subway and was not a first-hand observer of the reported malfeasance.)

I am glad I was there, and believe the experience was well worthwhile.

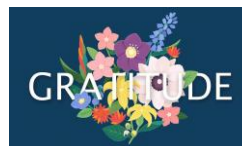
That's 30

John S. – Cody Group - GAP Committee Chair - Past Delegate Panel 36

I'm grateful I had the opportunity to attend the WCRAASC in Casper. I attended with two people who were first timers at Regionals. It was fun to see the enthusiasm through a first timer's point of view. It reminded me of the first Regionals I attended in Billings Mt. I was fairly new to the program and had attended an Assembly prior to that. I was the GSR of a new group so I was learning as I went along. It was a bit overwhelming at first but then I started to understand more about how our General Service structure works. It was nice to meet delegates and trustees and put faces to service positions. It was such a great experience. I've attended a few Regionals since then and once again it's nice to put faces to service positions and meet people in service to our Region. It was great to meet our Trustee at Large and hear her share her story.

I don't have an official service position in this rotation but my home group doesn't have a GSR so I will be going to Assembly to carry my group's voice. I want to thank the Committee for all their hard work making this Regional possible. I appreciate you all.

Cindy M.-Thermopolis Group



WCRAASC Impressions Continued

As I sit here and reflect on the West Central Regional Service Conference, I can't help but think about my time sober in Alcoholics Anonymous. This life-changing program has taught me a new perspective on life. It took me well over a year of being in this program to start doing any service work, which is one of the main ways this program really continues to help in my recovery. I have only been to a couple different conventions and have enjoyed the fellowship in them. Not really knowing what to expect from this conference, I travelled from Cheyenne to Casper. I have enjoyed service work and saw this as an opportunity to see what this side of service work entailed.

Being new to this program, I have not really seen the "nuts and bolts" side of AA. Besides the couple of dozen people that were actively participating in the agenda, it was good to see so many more members showing their concern for the topics at hand. This conference was definitely more for those that are actively involved in and familiar with the structure of AA. It was more business than fellowship to me. That being said, the breakout committees and speakers were very interesting to listen to. I'm grateful that this newcomer had a chance to see this side of AA. The passion shown by all from day one to share AA's message, was very refreshing to see.

It was eye-opening for me to see this side of service and realize how much actually goes on behind the scenes. Even though this program has changed the lives of so many countless people, it was funny to see how stubborn and selfish we can still be as sober alcoholics. I'm happy that I attended, and I look forward to continuing service work in and out of AA.

Chris V.- #1 Group – Cheyenne

Area 76 Trusted Servants

Growing up in love and service Pain and powerlessness brought me to my knees and into a state of surrender. A willingness to try some suggestions. I didn't have much faith that it would work for me, but I kept coming back. I didn't share an awful lot, but I listened, and I could relate. I believed that you believed, and I could see changes happening in others. After some time, I was comfortable in my own skin. I had new tools to live life on life terms and they were made for rough going. Life was still a struggle at times, but I could do it sober. I was grateful and I was a part of the fellowship. In sobriety my life was full of blessings beyond anything I could have ever imagined. How could I ever repay what was so freely given. It was from that humbling feeling of gratitude that I found courage to serve and be in positions of fear and discomfort sometimes to give back. Through that I found the fellowship I craved. The service structure, the service manual, Assemblies, these were all things completely foreign to me. But somehow it got under my skin and it became a passion to serve. Through these experiences I learned to stick to spiritual principles. This disease is a devastating one, it attacks generations and ravages families. Even if you live in the center of the fellowship, it doesn't protect your kids or your grandkids, they get live their own story, find their own higher power. There is a solution, and I've lived through some ups and downs sober living it. It's very important to carry this message, and make sure we sponsor others to serve. It's also vitally important to follow that spiritual principle of rotation and allow others to bloom in service. Because today it's not all about me its about the ones out there still suffering.

Michelle O – Area 76 Archives Chair - Past Delegate Panel 66

Area 76 Trusted Servants Continued

My name is Sandi H., and I am an alcoholic. I have had the privilege to attend a West Central Regional Forum in Casper, and two West Central Regional Assemblies, one in Billings, Montana and one in Casper.

The Forum was an amazing experience to see the displays set up from the various committees and the breakout sessions for questions and answers. I attended a breakout session on Informed Group Conscious. What a mind-boggling experience. How eyes open that discussion proved to be. I can say that I have learned what my position should look like, after that fact. However, that is part of where sponsorship comes in and sharing the information forward to our next trusted servants come in.

Billings, Montana in 2020, was a Service Conference where I was not prepared with the background materials, or the agenda for note taking. I was our district's DCM, and I am sure that I didn't do the service position justice with my limited knowledge. It was a lot of information, and I did not know what to expect from the experience. I loved meeting the people from other areas and learning from each one of them.

Recently, I attended the WCRAASC, in Casper as an Area Grapevine Chair. I had a display set up and did amazing in Grapevine sales. This gave me even more of a chance to meet and visit with people from our region. I will never remember all of their names, nor where they are from. However, each one left an impression on me.

The responsibility of our trusted servants to carry our wishes and to maintain our primary purpose is a daunting expectation. As all humans, my character defects come alive, and I forget to have tolerance with those that are just as passionate about AA as I am. Yet, walk outside the doors and the laughter begins. What a miracle to see that we can differ on thinking yet respect one another.

Service has been a blessing in my life, it has brought me out of my garage, made me meet new people, and helped me learn to listen to other points of view. All of those have helped me in my daily life.

Love in Service,
Sandi H.-Rock Springs Group-Area 76 Grapevine Chair

Available at www.aagrapevine.org
Grapevine Podcast
Grapevine Daily Quote & Sobriety Calendar
Monthly Magazine & Subscriptions
Grapevine Archives & Grapevine Store
2025 Carry the Message Project

I am the current chair for the CPC/PI committee. I stay attuned for anything happening with the information coming from GSO. I was sitting in a meeting pondering what to write when I picked up an issue of The Grapevine. It was the October 2024 copy and had several articles on cooperation with the professional community. I would encourage any of you interested in reaching out to professionals in your area to read these. Unfortunately, I haven't been informed of any activity in these two areas in Area 76. Hopefully in the future our districts can make an effort to reach out to our judges, lawyers, therapists, police, and probation and parole officers.

In Service,
Sally W.- Riverton-PI/CPC chair –
Past Delegate Panel 64

Some Public Information (PI) and Cooperation with the Professional Communities Committee (CPC) Resources
From www.aa.org
Read Public Information Work Online
F-65W Contents of Public Information Kit List
MG-07 A.A. Guidelines on Public Information
Read CPC Workbook Online
F-66W Contents of CPC Kit List
MG-11 A.A. Guidelines on Cooperation with the Professional Community
CPC Service Cards

My sobriety date is March 28, 2003. By the grace of God and the Fellowship of AA I was able to stay sober since that date but didn't get a sponsor for six months. I got a boyfriend in the program instead. That worked, till it didn't. I then realized I better get a sponsor. I am grateful I got a sponsor who read the book *Alcoholics Anonymous*, the book 12 Steps and 12 Traditions and walked me through the steps on a weekly basis for a few years. I have been involved with many twelve step workshops and done the steps to the best of my ability and my spiritual experience has been of the educational variety, painfully slow. I read the AA literature and take people through the steps the same way my sponsor did with me. I speak with my sponsor, sponsees, and fellow members regularly.

I have been interested in service almost from the beginning of my sobriety. My sponsor encouraged me to chair a meeting. I almost always have a weekly meeting chair commitment. Within a few years of sobriety, I started attending the monthly Jackson Group business meetings (Group Conscious) and was elected Literature Chair. I attempted to read the service manual and was completely overwhelmed and baffled. Eventually I was elected treasurer, GSR and DCM. I believe I went to my first Area 76 Business Assembly in my second year as GSR and I have been attending ever since. At times I would read the service manual weekly with another service member. I was so excited for the red edition to come out because I knew it had more illustrations. I attended my first WCRAASC in 2020 in Billings. I attended a few regional service conferences over zoom and recently attended the 2025 West Central Regional Alcoholics Anonymous Service Conference in Casper. I enjoyed riding with, rooming with and seeing fellow members. I also have enjoyed learning about the process and procedures of Alcoholics Anonymous World Services inc. (AAWS), Area 76, District 4 and the Jackson Group and their service positions. I do my best to follow through with my duties. I have to pay attention, stick to my own duties, and not complicate things.

This year I read through the agenda a few times and read the background on one item. The proposed agenda item (PAI) considered updating the Booklet Living sober and adding a new section to it. There were several group conscious' taken to get it on the agenda which gave it validity. New information would bring it up to current social trends which I believe is important. The background also stated that the book was the 3rd top selling piece of literature. I spoke at the microphone on these things. Several other people spoke as well. There was some pushback. I think it would reach more alcoholics and that is the point.

Yours in Service
Brook R-Jackson Group-Area 76 Registrar

Some Group Forms on www.aa.org F-28 GSO Group Change Form F-30 GSO New group listing guidelines/Form
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Steps, Traditions, Concepts

Step 4: Made a searching and fearless moral inventory of ourselves.

Tradition 4: Each group should be autonomous except in matters affecting other groups or A.A. as whole.

Concept IV: At all responsible levels we ought to maintain a traditional "Right of Participation," allowing a voting representation in reasonable proportion to the responsibility that each must discharge.

How these three legacies tie together for me is I have a right to participate in my own recovery. When I am willing to make a searching and fearless moral inventory and am honest with God and another human being my actions don't affect other groups or A.A. as a whole. It's nice being part of a home group that also takes inventory and ties the three legacies together. My experience is when I fail to tie these three legacies together pain is inevitable.

Mary M. – Wednesday Women's Group – Area 76 Tributary Chair

It's the Journey not the Destination Dummy

As I sit here wondering why I said I would do this and what I'm going to say I realized, surprise, that I was wallowing in self-pity. What was I thinking? What do I have to offer? So, here's what I've got for what it's worth. I've grown a lot in AA, and it never ceases to amaze me how much more I have to grow. I'm the first person to say I hate service work, but I always find myself doing it. I suppose the most rewarding is sponsorship and chairing an occasional meeting, but things like this matter too. I ponder on all the seemingly meaningless things that were said to me that made a difference and realized that my actions affect other people, and they matter too.

AA, for me, is a way of life. Not meetings, not fellowship, not service work. The program of AA, the words in the book and the way I choose to live my life. I have a great friend in the program that often says, "don't listen to a word I say, watch what I do." These are great words to live by, but harder to execute than you would think. I also realize this is a broad highway and it's a good thing we have such a diverse group. I hardly think I am looked to as someone that can appeal to every newcomer. I'm certainly not the first person to approach a newcomer. I usually introduce myself and seldom butt in if someone else is taking time with them. I'm more careful about my actions today than I used to be. I still have a ton of work to do in that area. I try to remind myself that the kind words or someone remembering my name meant a lot when I first came into the rooms.

So, what am I trying to convey with my ramblings? I don't know. Be a good person, do good things? Of course. I suppose my thoughts are more along the lines of not feeling I've reached a pinnacle in this program. No matter how many people I sponsor, I learn something from all of them. I've been flabbergasted at some of the people I've been asked to sponsor. What makes me appealing to them!? Those are usually the people I've learned the most from. I'm a big advocate of willingness, honesty and open mindedness being the cornerstones of our program.

I'll never be as open-minded as I could be, I'll never be as willing as I could be and I'll certainly never be as honest as I could be. It's all about the journey of being better at these things. I lived my life as an alcoholic always thinking the next thing would fix me. If I just got the new car, if I just got the new job, if I just got the new house. These days I try to enjoy the journey and not worry about the outcome. I try to live my life by the principles the book lays out for us. I try to savor the learning experiences, no matter how difficult they may be. I've learned to be a better friend, have better relationships, to be closer to my concept of God. I focus mostly on the moment and try to savor each experience. When I live this way, my life is better. When I don't, it's not. I'll never be perfect at anything, but the more I focus on others and helping them, the less I'm disappointed. I wouldn't trade my life now for anything and I know if I keep working on the things I'm supposed to it will just get better.

Bill H.—Bad Wolf Group-Area 76 Treatment Chair

Some Treatment Committee Resources From www.aa.org

Read Treatment Workbook Online
F-167W Contents of Treatment Committee Kit List
F-182W Contents of Accessibilities Kit List
P-27 A.A. in Treatment Settings
MG-14 A.A. Guidelines on Treatment Committees

Journey of Recovery, Unity, and Service

Hi everybody, my name is Dan, and I am an alcoholic. Bear with me as this is my first attempt to do a written share of this kind. In getting started, I would like to say my home group is the Saturday Morning Men's Meeting, which starts at 9 AM at the 300 Club in Cheyenne Wyoming. My sobriety date is December 1, 1997, and I am more amazed today than I was when I started. God is continuing to do for me on a daily basis what I could not do for myself. I would also like to thank Mary for asking me to provide this article. My prayer is that somebody who reads this will find some value in my experience. Shortly after arriving in Alcoholics Anonymous in December of 97, I was fortunate to meet a man in the rooms who was willing to invest the time and experience he had in me in the hopes that I would also achieve sobriety and shortly after a level of recovery. Recovery, which provides me with a daily plan for living, which has eliminated the need to drink alcohol and for that, I am truly grateful. That same man introduced me to the concept of having a home group, a service position and host of other things that, based on his experience, things we do that work that had allowed him to, at that point in time, achieve seven years of recovery. The service position I initially took in Alcoholics Anonymous was emptying ashtrays. I was not impressed with this position at all, I hated it, I did not smoke and found it disgusting that I was the one chosen to empty ashtrays. How dare the group ask me, a non-smoker, to make that type of contribution. With not much care regarding what I thought, I was told, this was my position in the group, I did what I suspect, most alcoholics of my type to do. I started smoking. I was instantly able to smoke a pack of cigarettes a day from day one, not an uncommon skill for alcoholics to be able to jump into the deep end of the pool right away as I think most of us have a tendency to do. For the next 2 and 1/2 years, I emptied ashtrays, begrudgingly and smoked my pack of cigarettes every day. On the day, some other newcomer was able to enter the rooms, I was more than eager to pawn my job off on them and the moment they accepted, I stopped smoking cigarettes. There's an old saying about alcoholics and resentment, I'll show you, I will screw me. And that's exactly what I did for those 2 1/2 years. However, I also learned a valuable lesson in what it takes for someone like me to get outside of myself and put the well-being and needs of others ahead of my own selfish and self-centered desires. Looking back on that experience, I am no longer reminded of an old resentment, but rather, a wonderful journey and service began, and my sponsor knew this at the time. Sponsors are like that, they have the ability to peek around corners we can't see yet and more often than not, they are spot on from their own experience. Today I've had the opportunity to serve as GSR to three different home groups over the years and currently have been allowed to serve as the DCM for District 12 here in Cheyenne. So many things I'm grateful for that alcoholics anonymous did for me that I could not do for myself, serving others is one of the biggest. In closing, I thank you for the opportunity to contribute this article, and I look forward to reading other stories in the upcoming Tributary.

Dan Y.-Saturday Morning Men's Group-District 12 DCM

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We pause and we reflect on the members who have passed in the last year or so. We thank the God of your understanding for their membership and participation is our fellowship.

Member	City	Sobriety Date (if provided)
Annelise T.	Cheyenne	April 15, 1981
Aspen G.	Cheyenne	
Bruce L.	Cheyenne	
Clint C.	Gillette	18 years
Daryl W.	Riverton	
Dave S.	Rock Springs	28 years
Duffy J.	Gillette	January 11, 1974
Fritz R.	Gillette	December 1, 1962
Harold H.	Gillette	
Jan F.	Cheyenne	
Nigel C.	Gillette & UK	
Parker H.	Riverton	December 28, 1999
Pat V.	Cheyenne	
Patty S.	Sheridan	July 1992
Tom F.	Thermopolis	
Veronica S.	Cheyenne	January 26, 1984

WE CAN DO, WHAT I CANNOT

AREA 76 SPRING CONVENTION
MAY 16, 17, 18, 2025
Holiday Inn
1701 Sheridan Avenue
Cody, WY

AA SPEAKERS
Doug M. Billings, MT
Barefoot Scott Hersey, MI
Byron C. Albuquerque, NM

AL-ANON SPEAKERS
Kayla K. - Billings, MT
Dale D. - Buffalo, WY

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HOLIDAY INN \$144.00 PER ROOM 1701 SHERIDAN AVENUE (CODE ZZP)
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Make your reservations by May 5, 2025

Pre-registration: Convention Only: \$35.00
Convention with Banquet: \$75.00
MAIL REGISTRATION WITH CHECK TO:

At the Door: Convention Only: \$40.00


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Name: _____ Circle one: AA Al-Anon
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AA Contacts: Rich K. 406-690-5743 or Theresa Z. 406-431-7533



2025 Summer Business Assembly
August 22nd 23rd 24th

WHERE: Holiday Inn & QT's Restaurant
900 East Sunset Dr. Riverton, WY 82501
(307) 856-8100
Room Rate \$139/night 1-4 persons per room
Booking Code: AAW Cutoff Date 8/11/2025
(check in 3pm checkout 12pm)

Additional Hotel Options:
Sundowner 1616 N Federal Blvd (307) 856-6503
Queen \$81/ King \$79/ 2 Doubles \$84
Booking Code: Alcoholics Anonymous
Comfort Inn 2020 N Federal Blvd (307) 463-4115
\$129/Night up to 20 rooms
Booking Code: AA

Food: AVG \$8-\$20
QT's located inside Holiday Inn 6:30-11:00am 5:00-8:00pm
Trailhead 831 N Federal Blvd. (307) 856-7990 6am-8pm
Rusty Truck 400 N Federal Blvd (307) 463-2626 11am-9pm
El Vaquero 116 N 6th St. East (307) 856-1634 11am-9pm
The Depot 110 S 1st Street (307) 856-2221

Committee Contacts
Chair Helen W. (307) 709-0459 helenlucille85@gmail.com
Alt. Chair Seth P. (307) 388-0616/ Treasurer Brenda G. (307) 851-6014

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