

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.

A request for articles/stories went through the area email distribution list, talked about at the monthly area meetings and discussed at the area assembly. 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 will be after the New Year. Articles/stories can be sent at any time.



Upcoming Events

June 4-6, 2021

2021 Spring Convention

Holiday Inn

Rock Springs, WY

Date TBD

2021 Winter Area Assembly

Cody, WY

Welcome to Panel 70!

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: Diane O. (Cheyenne)
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)

Make Plans-Leave Results to Your Higher Power!

2020 – What an Order – We CAN Go Through It!

Our Area 76, Chair, Kathi C. appointed committee chairs at the start of her rotation. Current chairs are listed on the first page. The appointed Tributary Chair requested the following:

For the first Tributary publication of the new decade, I think it's a great idea for each of the Area 76 Officers and Committee Chairs to introduce (or re-introduce) him or herself to all of Area 76! Please submit the following in a few lines (**keep it short, sweet and simple**):

- Name
- Home group
- Your new service position for this rotation
- How your sobriety has benefitted from your involvement in service at Area 76 (**in 10 words, or less**).

In their words:

Andrea A.

As Bill Sees It Group

Literature Committee Chair

Best ever for practicing God Consciousness, Accountability & staying Teachable!

Cody B.

One Day at a Time - Casper

Area 76 Web Servant

It's taught me to communicate with others when I didn't want to.

Diane P.

Alpine Group

Finance Chair

HP has shown me the way of patience tolerance, kindness & love.

Kathi C.

3 Legacies Group at 7am in Sheridan

Area Chair

Responsibility, Integrity, Full Use of Spiritual Tool Kit

Laurie J.

An AA Group in District 2 ~ Sheridan.

Area Secretary

Service = lots of opportunities for spiritual growth and keeps me connected.

Lindsay S.

Northeastern Wyoming Recovery Group

Area Treasurer

Involved, Informed, and God willing, still trying to grow up.

Mary M.

Bridge to Shore Cheyenne, WY

Panel 70, Area 76 Alternate Delegate

Responsibility, Accountability, Common Welfare, Part Of, Spiritual Growth, Three Legacies

Tim B.

Last Chance Group

Area 76 Registrar

Self-sacrifice is necessary for spiritual growth.

Tim C.

As Bill Sees It, District 10, Laramie

Guidelines/Report & Charter

Greater appreciation for the importance of service.

*"He finally realizes that he has undergone a profound alternation in his **reaction to life**; that such a change could hardly have been brought about by himself alone." Spiritual Experience Alcoholics Anonymous*

Practicing Principles Before Personalities

In early March, due to COVID 19, my nursing home was placed on lockdown. The CDC and State ordered this lockdown. Our population of a hundred residents tried to stick to the regulations by staying in our rooms (with our roommates) while also following the new guidelines such as: staying six feet apart, cannot meet in groups, and we're not allowed to visit with family and friends.

Luckily, there were two other AA's in the facility. We were all in early recovery. Even when we have a teleconference, we all still have a difficult time. Even when I attended these meetings, I was feeling very depressed. I saw this as a punishment. It was starting to feel like the room was caving in and making me trapped. It was placing me into my dark thoughts, making me want to drink.

Then one day, a friend in the community sent me a card. That said "bloom where you are planted" she hadn't signed it but wrote, 'but changing perceptions change reality. Sleep on it.' Being a simple alcoholic, I put it under my pillow, reflecting on that quote. As AA's taught me, it is always good to follow directions. That was when I had some hope.

As I brainstormed every possible advantage to this lockdown, the most obvious is time. I have time to study the big book. I can make phone calls to encourage others. Even spend time regularly with other AA's. The staff has been fantastic and supportive with all the chaos going on. Our activities department keeps us busy throughout the day. I have rediscovered the joy of reading again. When I celebrated my second AA anniversary, it was overwhelming with the response from my home group. I'm applying the principles of the program by being rigorously honest or trying to be at least. I'm learning to amuse myself.

COVID 19, taught me many lessons during this lockdown. It showed me that I could become weak and vulnerable. As I attended meetings, helped others, listening to others, prayed, and worked on my steps— I'm on top of the world. I can accomplish anything I set my mind to. Thankfully, I have fantastic support and love, which has helped immensely. I am grateful that I am sober today. I know that there is little I can do to control the future, but I am truly blessed with this fortune I have received.

Written By- Barbara G.
Cheyenne

GSR School

Are you new to General Service? Do you know your responsibilities as a General Service Representative? Are you interested in serving at your home group? Plan to attend a GSR School. The GSR School is a 1-2 hour workshop that can be hosted in person or via Zoom. Jackson will be hosting a GSR School on December 5. Send requests to m4wyoming@gmail.com if you'd like additional information about the information contained in this message.

THE CHALLENGES I HAVE ENDURED IN ORDER TO ATTEND AN AA MEETING DURING THIS PANDEMIC

My name is Thomas and I am an alcoholic. I am from Sheridan, WY, but currently I am incarcerated in a prison called Southern Desert Correctional Center in Indian Springs, NV. I would like to share with you how the Covid 19 pandemic has affected my AA life here in prison.

Before the pandemic, I was able to attend 13 meetings a month. The prison closed our Group 7 AA meeting due to the pandemic, and there are no outside visitors allowed on the prison property, so that shut down the AA meeting we had from the outside volunteers. It has been a real challenge for me just to be able to get a meeting. I told my sponsor about all of this and how it has been affecting me. That is when my sponsor shared with me about how they are having their meetings in Sheridan, WY. For example, some members attend the meeting in person, and some are calling in on the phone to be at the meeting. When I heard this, I was in awe; just so amazed at the lengths they were going through to have a meeting. My sponsor asked me if I would or could call in to be a part of the Thursday night 6 pm AA meeting (An AA Group). At first, I was not sure if I could because the prison phones are recorded and there are rules against 3-way calls, and I knew that I could not get them to approve this. That is when my sponsor said I could call her cell phone and she could put it on speaker so everyone at the meeting in person and on the telephone could hear me and I could hear them. This is how my Thursday night meeting started.

Now, the real challenge started. You must remember that I am in prison and I live on a long tier with 34 rooms, 2 men a room. This is 68 inmates with 68 different personalities, and only 3 phones. The phones are always being used and there are long lines to use the phone. In order for me to get on that phone at 6 pm I have to start waiting in line at 5 pm, and sometimes I have to miss dinner because they always seem to call my unit to dinner around the same time as the meeting. Whatever it takes, right? In the beginning it wasn't easy working with the other inmates, but as time went by and everyone started to see that I did this every Thursday night at the same time, they started to be a little more understanding with me. This Thursday night meeting is a blessing to me because I get to hear how other alcoholics, like myself, are living life out there during this pandemic and staying sober.

When I first started calling in for the meeting, the callers on the teleconference line had no idea I was calling from a prison phone, but everyone ended up learning this real fast. The prison phone has a recording that tells you when you have one minute remaining on your 30-minute phone call, and while one of the callers was sharing, the recording came on, "You have one minute remaining", and they thought someone was telling them that they had one minute remaining to share. It was kind of funny when it happened the first time, but now everyone knows when they hear the recording that it's only Thomas and the prison phone.

I am very blessed to have a great sponsor and group in Sheridan, WY, that has been working with me so that I can be a part of their 6 pm Thursday night AA meeting. AA has saved my life and is now a part of my life. I have learned that you must go as far as it takes to stay sober and make a meeting. This pandemic has been a challenge and a blessing for me because now I get to share a meeting with my home group in Sheridan. Thank you for allowing me to share my story.

P.S. I made my parole and I will be out there with all of you real soon...

10 years sober, your brother in sobriety, Thomas...

A Message from Your Delegate

As your delegate I endeavor to align my actions with the Twelve Traditions. As an individual sober alcoholic, the traditions provide a framework for living a somewhat sane and serene life. During the past, rather tumultuous, year I have been quite grateful for these principles so freely given to us as we live and grow in Alcoholics Anonymous.

The long form of the Twelve Traditions as printed in the book, Alcoholics Anonymous begins with "Our A.A. experience has taught us that: 1.-Each member of Alcoholics Anonymous is but a small part of a great whole. A.A. must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward." When making difficult decisions around my AA activities, I've attempted to allow this tradition to guide me. The question became: How can I best fulfill my duties as delegate and continue to put the common welfare first? After participating in the first virtual General Service Conference ever held, I realized that I was in the position to be the first ever virtual delegate in Area 76. In my mind virtual and absent are not synonymous. I am still as available to the area, districts and groups as any other delegate, but I will seldom leave the chair I'm sitting in as I write this.

When I was elected to this position, I anticipated lots of travel and began organizing my personal and professional life around that premise. In March, right after the West Central Regional Service Conference it seems as if all the areas of my life were turned upside down as I'm sure yours were. I have since come to believe that although it's not what it used to be-it still is. AA can continue to live and no one of us has to die. Because of the times we live in and the technology available to us, it is possible to conduct the business of AA, protect the sanctity of the group conscience and keep the membership informed. We can even attend our home group meetings online and continue to reach out to the still suffering alcoholic while putting the common welfare first.

In closing I would like to thank each and every one of you for your support and service over the last year and remind you of the last line in the long form of the traditions. "This is to the end that our great blessings may never spoil us; that we shall forever live in thankful contemplation of Him who presides over us all.

Ramona Beach
Area 76 Panel 70 Delegate

A Message from Your Alternate Delegate

I am currently entrusted to serve Area 76 as the Alternate Delegate. It is truly an honor and a privilege to be of service. I do not put forth minimal effort in being of service. I am responsible to you the members of Area 76, your home groups, your district, and **our** area. I offered to assume the Tributary responsibilities since we have not had one in over a year and the Tributary chair moved out of state. It was a pleasure attending many of the work sessions in preparation of our first virtual assembly. There are many dedicated trusted servants currently serving Area 76. I had the opportunity to attend virtual meetings throughout Wyoming and workshops the US. The Alternate Delegates from the US and Canada now meet on the first of the month. A.A. is certainly bigger than a home group, town, district, or area. Thank you! Mary M.

Hello, Area 76! My name is Mike, and I am alcoholic, and I am the newly elected West Central Regional Trustee. It is a tremendous honor to serve the Fellowship in this capacity and it is a commitment I do not take lightly. I appreciate the opportunity the Tributary has provided to introduce myself. I sought out AA in 1992 at the age of 25 when I walked into a meeting in Council Bluffs, Iowa. Three men took the time to talk to me about alcoholism and how it affected their lives. They described the physical allergy, the mental obsession, and the spiritual deficiency each experienced. They talked about how once they started drinking they had little control over the amount they drank, and when they tried to stop on their own they eventually returned to drinking. I could immediately relate to their hopelessness. I started to attend meetings regularly, but as an avowed agnostic I was hesitant about seeking out a spiritual solution. Eventually, quitting on a non-spiritual basis had me in worse shape than when I was drinking. When I was nearly 3 years sober, I asked a man to help me. He was happy and it appeared he found a way to stay sober and enjoy his life, and that was something I wanted. He became my sponsor and immediately started me down the spiritual path of recovery through the Steps. He is still my sponsor today and continues to help me expand my conception of my Higher Power.

I have been active in service work from the beginning of my recovery. I started with cleaning tables and ashtrays before I was promoted to making coffee. I have held numerous positions at the Group, District, and Area levels. I was blessed to serve Area 24, Iowa, as the Panel 53 Delegate. I continue to serve outside the service structure, helping other alcoholics put on special events. I have found that my connection to a Higher Power is solidified through service to others, especially alcoholics.

We find ourselves in difficult times full of uncertainty and fear. In my short time as Trustee, I have been overwhelmed by the response of our Fellowship! We are definitely matching fear with faith! I have witnessed members across the country rallying to continue to carry the message. We are adapting the ways we help the still-suffering alcoholics. We are utilizing virtual platforms and implementing safe practices when meeting in person. With the drop in literature sales, the Fellowship has responded *en masse* through individual and group contributions to demonstrate once again who holds the power of the purse. Over the last three decades I have seen the Fellowship answer the call time and time again, and the latest response has reinforced who presides at the top of the inverted triangle. I thank you for your dedication, and I thank you for the opportunity to serve.

In Love and Service,

Mike L

West Central Regional Trustee

Are We Trusted Servants or Senators?

Today, it appears the term “Trusted Servant” is often misunderstood. Describing the heartbeat of our service commitments, Bill W. wrote, “Our few titles never clothe their holders with arbitrary personal authority; they hold authorizations to serve, never govern (emphasis original) (Language of the Heart, p.93). While the Fellowship’s ultimate authority had been clearly defined, Bill added this clarification when preparing the “short form” of our Second Tradition, “Our leaders are but trusted servants; they do not govern.” Unfortunately, this crucial distinction is frequently missing in AA’s Third Legacy today. When making decisions without the Fellowship’s guidance, we are sometimes unmindful that AA’s experience cannot be reflected without the mirror of a collective group conscience.

This dangerous pitfall is tackled directly in Tradition Two: “And so they make the belated discovery that they are really servants, not senators” (Twelve Steps and Twelve Traditions, p.134). In the truest sense of the term, being a “Trusted Servant” requires sufficient humility to set one’s ego aside and selflessly serve the group conscience. Tradition Nine states “...service boards or committees directly responsible to those they serve” not “...service boards or committees directly responsible for those they serve” [emphasis added]. These are two very different perspectives of being a trusted servant. The fact is: “I am a servant if I am responsible to those I serve. I am a senator if I assume responsibility for those I serve”.

Bill’s humility was challenged when he was offered a badly-needed job at Towns Hospital. Arriving at the AA meeting that night, Bill happily reported his opportunity only to be met with deafening silence. A group member remarked that while they were painfully aware of Bill’s financial difficulties:

“‘Don’t you realize,’ he went on, ‘that you can never become a professional? ... Bill, haven’t you said right here in this meeting that sometimes the good is the enemy of the best? Well, this is a plain case of it. You can’t do this thing to us!’ So spoke the group conscience. The group was right and I was wrong; the voice on the subway was not the voice of God. Here was the true voice, welling up out of my friends. I listened, and — thank God — obeyed”
(Twelve Steps and Twelve Traditions, pp.137-138).

This is quite likely the first example of a leader in AA being humbly obedient to the group conscience and placing the group conscience ahead of his dire personal circumstances. Also important to note is that Bill considered it important to seek the group’s conscience, rather than senatorially act on his own idea of what was right. Consider what may have happened to our society had Bill allowed self-will to run riot over the wisdom of the group conscience. Bill illustrated two crucial elements in being a trusted servant: 1) he was humble enough to bring the issue to the group, and, 2) he was obedient to their suggestions. Bill’s example of genuine humility in yielding to the group conscience (obedience) in not accepting the job offer is the hallmark of a true, trusted servant.

The “direct responsibility” found in Tradition Nine sometimes becomes mired with “trusting our trusted servants.” In an effort to foster unity by eliminating controversy, we sometimes misconstrue that we should not address the actions of our Area Committee, General Service Board or General Service Office staff. In yielding to this temptation we are, in effect, allowing personalities to come before principles. Humble obedience to the precepts set forth in AA’s Steps, Traditions and Concepts is a crucial element to consider when placing principles before personalities.

If the fundamental definition of a trusted servant means we practice genuine humility, then, “Right of Decision should never be made an excuse for failure to render proper reports of all significant actions taken; it ought never be used as a reason for constantly exceeding a clearly defined ultimate authority-the group conscience. Right of 2 Decision cannot also be used as an excuse for persistently failing to consult those who are entitled to be consulted before an important decision or action is taken” (The A.A. Service Manual, p.15). Being directly responsible, we ought to report specifically why we have changed our vote, that is, what evidence was presented that was the compelling reason not originally available to the original group conscience that later caused the trusted servant to change the vote, in keeping with AA’s foundation of mutual trust.

AA’s principal of mutual trust brings to mind an old saying that, “Excellence that feels it has to be proclaimed by the mere fact of its proclamation admits doubt of its existence.” Similarly, some AA old-timers remark that “service is gratitude made visible.” Just as our actions demonstrate gratitude, AA service workers engender the Fellowship’s trust by their practice of humble obedience. After years of serving as GSRs, DCMs, area officers and delegates, it’s easy to lose perspective on the practice of genuine humility at the World Service level. Attempting to act in our “best interests,” we sometimes marginalize AA’s ultimate authority: the Fellowship’s collective conscience.

However, a loving God cannot express Himself in our group conscience without the unconstrained voice of minority opinion. From our home group’s business meeting to the General Service Board, our trusted servants play a crucial role in safeguarding minority opinion. Bill illuminates its importance in Concept IV, declaring that the spirit of democracy is increased by deference to minority opinion (The A.A. Service Manual, p.22). When chairing an Area Assembly, the General Service Conference or General Service Board, serving as a fair and impartial arbiter of minority opinion is essential to fostering an environment conducive to constructive debate. Bill underscored this pivotal component in the evolution of Conference advisory actions, “The well-heard minority, therefore, is our chief protection against an uninformed, misinformed, hasty or angry majority (The A.A. Service Manual, p.22). The challenges facing AA’s service structure today serve as a reminder that, “Our few titles never clothe their holders with arbitrary personal authority; they hold authorizations to serve, never govern (emphasis original) (Language of the Heart, p.93). Described in today’s business community as “servant leadership,” the practice of humble obedience or genuine humility can light the spiritual path to AA’s future:

“As we know, all AA progress can be reckoned in terms of just two words: humility and responsibility. Our whole spiritual development can be accurately measured by our degree of adherence to these magnificent standards. Ever deepening humility, accompanied by an ever greater willingness to accept and to act upon clear-cut obligations — these are truly the touchstones for all growth in the life of the spirit. They hold up to us the very essence of right being and right doing. It is by them that we are enabled to find and to do God’s will” (Language of the Heart, p.340).

As illustrated in the Fellowship’s spiritual roots, the practice of genuine humility is critical to facilitating our legacies of Recovery, Unity and Service, and the preservation of AA’s message for generations yet to come. For to be a servant one has to be humble, and to be trusted one has to be obedient.

Written by Carl B.

A Member Searched General Service Opportunities

I searched out general service opportunities very early in sobriety. Beginning the journey of service work without a group was a bit scary and confusing, but I was excited to participate. Along that journey, I was guided to a group of people who, not only shared my excitement for Alcoholics Anonymous and 12th step work; they also had a great passion for general service work and participating in the structure. Then, 2020 happened! Fear got the better of me as I watched meetings shut down, and quarantine limiting our ability to meet face to face. Institutions quickly shut down; limiting our ability to do some of our 12th step work. Our group quickly got together over the phone via conference calls to discuss how we could be accessible to any member or newcomer looking for a solution. We talked about how we could best serve our community keeping safety and accessibility in the forefront of those conversations. Our group had anonymity questions regarding video online meetings, so our group decided we would move our meetings to the phone. We communicated that temporary change with our Web servant and the District. I continued to meet with and work the steps with anyone who needed this work as much I needed it. Those meetings moved from face-to-face to the phone. This time has been a wonderful opportunity for me to grow in my connection and trust in my higher power. As restrictions have been relaxed, our group then decided to hold our meetings in hybrid fashion. We offer in-person meetings as well as phone participation for anyone who feels safer at home. It has also offered our out-of-town friends to visit with us to share their experience, and solution. Our relationships with professionals have grown as the communication grew. Our District, and my group have kept in contact with the professionals we work with throughout this time. Though the transitions have not always been smooth, the beauty of going through this with our community has been a blessing. I have learned how different institutions have dealt with and handled communication and safety through this time, and been a part of the welcome back, in some of these venues, for Alcoholics Anonymous.

When professionals and institutions are excited to see us again, that tells us we are doing the will of our creator and offering something valuable and needed in our community. Alcoholics have a tendency to resist change, and I'm no different. 2020 has not only been a change, but it was sudden as drastic. The idea of conducting business and participating in service through electronic means has been a challenge. If I was to continue in my current service work, I had to learn as much as I could, as quickly as I could. It hasn't been comfortable or easy. It has proven to be a form of willingness I hadn't previously considered! I was confronted with the question: Am I willing try something I don't understand or want to do, so that I may continue to participate in the service work for Alcoholics Anonymous I love so much? I was willing, and I was full of fear. That fear has led to me attend workshops and take a leap of faith in to this world of technology I don't understand. As my group's representative, I feel a strong spiritual responsibility to participate at whatever level of the structure I can, so that I may share that information with my group. I have joined via the phone to participate at the District level; I attend Area functions via Zoom; I participate in workshops via Zoom and face-to-face. I have discovered that the more willing I am to participate, there are some really great new ideas! From my perspective, I prefer the connection I feel to my friends and fellows when we are occupying that same space, I know that is simply not an option right now. I look forward to continuing to learn and participate in any capacity I am needed and invited. In March this seemed to be a daunting and impossible adjustment. By September, I have watched people in service step up, adapt, and embrace new ideas and make seemingly impossible change. I have seen physical restrictions melt away as I have become more comfortable meeting over the phone and online. Because of the effort by the other great servants in the structure, I have been given the ability and opportunity to continue to be a part of general service!

Kerry M. Last Chance Group Casper, WY

Who Knows?

I attended my first meeting of Alcoholics Anonymous at the age of 36. A chain of events that was unquestionably God-inspired, led me to that smoky room and changed my life forever. I didn't know much about AA or the true nature of alcoholism, but my drinking had become an undeniable problem. Now that I'm 69, a 36-year old person qualifies as a Young Whippersnapper! As a teenager, my friends and I thought people over 30 were "old" and couldn't be trusted. How my attitudes have changed over the years!

I took my first drink at 13 and drank until I blacked-out that fateful night. The thought never crossed my mind that I had taken the First Step into two decades of progressively worse drinking. Many of you might disagree with me, but I believe that I was an alcoholic-in-waiting as the baffling phenomenon of craving and the inability to "leave it alone" kicked in that day. My parents found me passed out and I was hungover for days. It was a few years later when I was old enough to escape my parent's control and seek out alcohol again, and I couldn't wait! In my teens, I managed to stay out of trouble, get good grades, and that let me fly under the radar and dodge consequences. I married, graduated from college with honors, and landed a great job. I looked good on the outside, which was important to me, but my insides were bursting with guilt, shame, and self-loathing. If I wasn't drinking, I was thinking about it.

I tried everything to control the amount I drank but failed. My close relationships were in shambles and I had mostly abandoned my only child to the care of my parents because alcohol became the most important thing in my life. My ghastly hangovers and morning shakes did not keep me home from work because calling in sick or drinking in the morning to calm my nerves would confirm that I had a serious drinking problem. Only alcoholics did that! When I finally got sober, a co-worker revealed that she attended Al-Anon because my drinking was affecting her! I was insulted because I thought I was doing a stellar job at hiding my drinking!

It is impossible to know what would have happened if my drinking had continued much longer, but I almost always say, "I would be dead if I hadn't quit!" The truth is that I don't know what would have happened. Odds are good that I would have lost jobs, relationships, been jailed for drunk driving, or injured or killed innocent people or myself in a car accident. There are still lots of YETS (You're Eligible Too) in my unfinished story. One can die from alcoholism in many ways and in some cases, a premature death might be merciful. I'll never forget what a wise person said at a meeting: "If you can't be grateful for what you have, at least be grateful for what you have escaped."

So, when I see a young person come to their first meeting, I pray that someone will be inspired to say something that will entice them to come back. That happened at my first meeting when an old-timer who was more than twice my age said, "Honey, stick around and every area of your life will get better." Because I thought that life couldn't get worse, that simple promise was "the hook," and surely came from God's inspiration through that man. If I had found myself in an AA meeting in my teens or twenties with people who were living a life of sobriety, I just might have stayed despite my belief that I was young and invincible and those people had nothing to teach me. But who knows? I might have stayed like many young people I witness who come in, sit down, and stay sober. The point is that I cannot know what would have happened if I had kept on drinking past 36-years old or sobered up many years before I did because that was not my Path. What I can say with certainty is that I wouldn't have a relationship with a Higher Power of my understanding, good health, moments of serenity, a Guide for Living, a healed relationship with my son, and all the extraordinary benefits that practicing the Three Legacies of Alcoholics Anonymous has made possible for me. I wouldn't have met all the wonderful people who have helped me along the way and that are precious to me. Lastly, because of sobriety, I do not feel old despite my aches and pains, wrinkles, and gray hair. Rock and Roll, Seniors in Sobriety! Let's go Zoom with the Whippersnappers! *Deborah S., Laramie, WY*

Home Group Becomes Hybrid

Greetings! My name is Laurie, and I am an alcoholic. My home group, An AA Group, meets at 6:00 pm on Thursday evenings at 433 E College Ave (Labor Temple), Sheridan, WY. Please feel free to visit us at the physical location or call our teleconference number 605.475.5910 (access number 9044144#), as we are now a hybrid meeting.

When the pandemic hit, initially we were unable to meet in our building space and started having our meetings via teleconference. We decided, via group conscience, that it was important for alcoholics to still be able to talk to someone in person and committed ourselves to having at least one person in their car in the parking lot. This way we were able to hand out our AA meeting teleconference number, provide face-to-face communication and literature, or sign a court card, while practicing social distancing and safety measures. We also contacted the police department and P&P to let them know that Alcoholics Anonymous was available. After some time passed, we were allowed back in the building, however, we had people joining our meeting via our teleconference number who were out of state, or still not ready to meet in person. Thus, we became a hybrid meeting.

Our home group has grown! One member met us when we were meeting in the parking lot and a couple of out of state people who regularly attend via teleconference decided to join our home group. We have regular group conscience meetings using the teleconference number as well. Our group has discussed how we can still carry the message to the still suffering alcoholic as well as provide cooperation with the professional community and public information. We visited the police department, sheriff department and probation and parole in person and provided them with a card that has our district's AA hotline number and a QR code that opens to our area meeting schedule. They also welcomed us to come back with literature and public information for their literature racks. We also received a call from our local treatment center asking for help from Alcoholics Anonymous as they are not able to bring people to outside meetings or allow AA into their facility at this time. We are in the process of communicating with them some creative ideas on how to get the message of AA into their facility.

I will end with an excerpt from Our Great Responsibility p 172: "Little by little, we found that all progress, material or spiritual, consisted in finding out what our responsibilities actually were, and then proceeding to do something about them."

Thanks for letting me share!

Laurie J
Area 76 Secretary
Panel 70

There Is A Solution

Our Simple Solutions Group and the COVID-19 pandemic.

On March 18, 2020, our Group finished our meeting and we were informed by the Director of the Club where we meet that we were not going to be able to meet there anymore. The Health Department shut the Club down due to the pandemic. The shutdown actually turned out to be a good thing for our Group. God's Grace is surely Sufficient!!

At that time, our Group of about five members held seven meetings a week. Six at noon and one candlelight meeting. We wanted to be sure we held up our responsibility to be the hand that reached out for those who needed AA. As such, we decided to start having online meetings.

Many of our members were fairly new to sobriety, so we also added more meetings to help support them. Before our next meeting was scheduled to meet the next day, we found and learned how to use an online platform. We set up all of our meetings. Then we put it into overdrive and went from 7 meetings a week to 14.

Two meetings every day helped all of us stay sober and it brought us together more than ever. Our Group has grown and flourished. Membership has increased from five to fifteen and we have filled our service positions. We often refer to each other as "family." We are more than just an AA Group now, we are family.

Another benefit is that people from other groups in town, as well as visitors from out-of-town also join our online meeting. It is a joy to have them present and to listen to their experience, strength and hope.

The Club is open again and we are holding "hybrid" meetings to allow our members who are susceptible to illness to continue to join us online. Even people who had been away from AA for years have used the online format to dip their toe back into AA until they felt comfortable joining the meetings in person. We also have members who join us when they are travelling, whether it be to and from work, or across country. Some parents find it helpful to join us online.

We meet 8 times a week now, including two Big Book Study meetings. We continue to grow in many ways. Most importantly, we continue to do our best to meet our responsibility to make sure the "hand of AA" is there for those who reach for it.

The Simple Solutions Group – Cheyenne, WY

Service Keeps This Member In Center Of The Herd

In my time in Alcoholics Anonymous I have heard that it is important to stay in the center of the herd, if you stay out on the edge it's where you can get picked off by the wolves. In thinking about service, it is service that keeps me in the center of the herd. When I first came to the rooms it was offered to me to be a part of a committee if I wanted to get into service. I thought to myself what do I want to do that for? I passed up many opportunities of getting into service through announcements such as this. Finally when a member asked me specifically for my help then was I able to say yes what do you need? And that was how I was brought into service in Alcoholics Anonymous. Kelly K.



- Bill G. (Boston Bill) (Casper)
- Bobbie P. (Laramie)
- Bret F. (Sheridan)
- Clancy I. (California)
- Colin T. (Casper)
- Dez V. (Cheyenne)
- Dewey S. (Casper)
- Diane B. (Casper)
- Don J. (Laramie)
- George S. (Gillette)
- Howard L. (Mississippi)
- Keith T. (Sheridan formerly from Laramie)
- Kirk M. (Cheyenne)
- Lou R. (Yoder)
- Mark S. (Casper)
- Maura H. (Jackson formerly from Texas)
- Michael T. (Sheridan)
- Mike M. (Rock Springs)
- Nick I. (Gillette)
- Rick M. (Cheyenne)
- Rob S. (Casper)
- Ron F. (Gillette)
- Roy W. (Doc) (Casper)
- Skip B. (Cheyenne)
- Steve F. (Naperville)
- Steve M. (Gillette)

