

Boomerang



From the desk of the Delegate

Nikki O.

Area 28 Panel 70 Delegate,
Grapevine & LaVina Committee

We made it, 2020 is over and A.A. in Area 28 survived and I dare say thrived in many respects. Can you imagine last year we held our Spring Assembly on a conference call? What a year it's been! This is the perfect time to start thinking about the upcoming elections. It seems premature but standing for a position takes thought, preparation and then more thought. While I bet we have people chomping at the bit for a position, it's best to understand the commitment and the principle of change. You never know if you will be virtual, in person or maybe we will meet on the moon, who knows? This issue contains some articles from people who love Service. A past trustee and good friend of Area 28 says, *"people in AA are my favorite people in the world and the ones in service are my favorite people in AA"*. Again, in this issue, you will find a broad mix of service experience with a common love for Alcoholics Anonymous. I hope you will check it out and see where you belong in the Area 28 Service structure. Let's keep stretching and reaching for more, happy reading!

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This article is a special one. As you read through it, you will see the love and passion for Service that Joe had.

Joe passed away 24-hours after submitting this article.

As We Rotate On

I am grateful for having had the opportunity to serve in a variety of Area Assembly elected service positions. They were all two-year commitments. Some I enjoyed more than others, but in each case, I was demonstrating with my actions my gratitude for my sobriety. My first A.A. general service position was as General Service Representative Service (GSR).

Nearing the end of the term I asked my service sponsor, what comes next? He said, *“always rotate on, never rotate off.”* Little did I know what that entailed! I would find out first-hand over the next 20 or so years as I rotated *“not off, but on”* nine times. Each time I rotated on, I left with a sense of accomplishment. I had shown-up and did my best. I had fulfilled the commitment. And not just on my own will power but with the informed group conscience of my fellow AA members. I was simply a worker among workers. A trusted servant. Rotating on into a new commitment I was excited and willing to be challenged by its responsibilities and to hopefully grow in spiritual ways. However, doing service can be very inconvenient at the least and each commitment always had the time of trial. When I would question if I were up to the task at hand.

And that was when I was restored by a higher power working through the fellowship. I learned to trust God. More precisely I learned and relearned repeatedly, to trust God.

Then I was elected delegate. I had the most transformative and rewarding two years of my life.

There was no let down when the term ended. Because I wasn't rotating off, I was rotating on. However, the general service area that I served has no formal role for past Delegates. We attend assemblies, have a voice but not a vote. Had I finally reached the end of the rotation line? I had no idea. Something will come up my service sponsor assured me. My home group was a six-day a week noontime meeting. A big city meeting packed into a convivial but bustling room. A front-line meeting with many newcomers and day-counters. The reality that recovery is a life and death affair sitting all around you. Raw human misery, the hell of active alcoholism meeting the proffered responsible hand of A.A. offering a way out and a path to recovery. And when the meeting ended, and the group conscience commenced the trusted servants turned to me and you guessed it, I rotated back on. Back to being a full-time field hand. Back to working all the innumerable details a well-run group must pay attention to if it will fulfill its primary purpose. Of course, it all changed when the pandemic closed the meeting space. Things had to be rearranged but the principles remained the same. I still rotate on never off. ~

Joe S.

Joe and I ran into each other over the years at NERDs (Northeast Regional Delegates reunion) and NERAASAs (Northeast Regional AA Service Assemblies), but it wasn't until the pandemic made an in person NERAASA our only option for 2021, that Joe and I had the opportunity to become friends. He called me and asked to be connected with the person who made the “shorts” (mini movies) for the Area 28 Concepts workshops. In my goofy way, I said, *“oh hang on”* ...seconds passed and I said *“hello, how may I help you?”* We laughed about that for a few short months as we worked on the NERAASA Outreach Committee together. Joe was the Chair and an excellent example of “Keeping our feet on the ground”. While my head is in the stars, usually; Joe was a solid, even keeled guy. Someone I came to admire rather quickly. I am sorry he was not at NERAASA to see the wonderful work we did.

R.I.P. My Friend. Joe S. Area 47

The Area 28
voting Assembly; where new officers will be
elected will take place
October 15-17 2021

Are you ready to rotate on?



Hello everyone, I am an alcoholic, my name is Dennis.

Am I qualified for the position I am standing for? This was the question I was asked to write an article on. This question brought me back to my beginning in Alcoholics Anonymous. My qualifications at that point earned me a seat in our fellowship and that was all. Insecurities ran high, I didn't feel qualified to do anything except drink. It was suggested, strongly I might add, to clean the ash trays. I emptied them and put them in a box. The guy holding the box then said, "clean" the ash trays, not just empty them because they would stink up the place. Lesson learned. I was now qualified to clean ash trays because someone took the time to teach me. Thus, my journey into service to Alcoholics Anonymous began, in my homegroup.

At our monthly business meetings, I heard from our secretary, treasurer, Intergroup and General Service Representatives. Not having a clue what they were talking about, I listened. Learn to listen and listen to learn I was told. Soon I began to understand and see the amount of work it took to keep our one meeting alive and well. As I became eligible to stand for those positions, I had to be honest with myself as to what I was qualified for to fulfill the position.

First up was Intergroup, (Central Service Office and Downeast Intergroup in Area 28). I didn't have a clue what they were talking about, but soon began to understand the committees and the process involved to facilitate the meetings. Little did I know I was gaining experience along the way that would make me not only eligible for other positions but also qualified. I still had many questions so it was "suggested" to get a Service

Sponsor and I did just that. His words are still with me, "what have you done for AA today?"

Further, "if you take the title... do the job!" (Long before Belichick's "do your job"). Of course, there are many more but those two were his big ones.

My journey has taken me through the positions in my homegroups, into district service chairing committees and becoming district chair in 2 different areas, intergroup and area service. In each, my experience and qualifications have grown. However, I still need to remember something I was taught a couple of years into sobriety, "recognize your own limitations". When drinking, I had none, Alcoholics Anonymous has taught me I have many.

With each position there is guidance in the form of at least two pieces of literature, the A.A. Service Manual from GSO and the Area 28 Workbook. They layout the qualifications, responsibilities and duties for each position. At this point the phrase on our coins comes to mind, "To Thine Own Self Be True". Not only is the question CAN I fulfill the responsibilities and duties, but the bigger question is also, WILL I?

We each bring a different skill set to the table. Some can see the bigger picture while others are more detailed orientated. Because of my past career in engineering, I know I am one of the latter. Some of us are multi-taskers while other dig into single issues one at a time. Both are needed in Alcoholics Anonymous for the fellowship to continue to reach out to the sick and suffering still out there today and the generations yet to come. If each of us utilized the skill set we have and stood for positions we were eligible and qualified for, I believe we could be running like a Swiss watch. Happy to be of service to the fellowship that saved my butt.

Dennis K.

Belgrade Lakes Group, Area 28 Secretary

"A.A. is the only place where you can walk into a room full of strangers and reminisce"

A Wonderful Adventure

Greetings from Utah, Area 69. My name is Sheryl and I am an alcoholic. I currently serve Area 69 as Panel 71 Delegate.

When I landed back in Alcoholics Anonymous in August of 2001, I was finally willing to go to any length to get and stay sober. When I was younger, I had stayed in A.A. long enough to get feeling better, and I convinced myself that I was just fine and could go back to managing my own life, thank you very much. Back then, I had been dabbling in A.A.; this time I was all in. When I was about six months sober, my home group announced that we needed a new General Service Representative (GSR). My hand started to go up, and I immediately brought it down again. How could I volunteer to do a position I knew nothing about? I could not look foolish or incompetent in front of others. The following week, the announcement was made again. Another woman's hand shot straight up, while mine went up very slowly. I was safe! I did not have to worry about making a fool of myself! The other woman was elected as GSR, and I was "appointed" as the Alternate GSR. Although I was still fearful, I was happy to be Alternate GSR and considered myself to be "in training." My journey in General Service began. At first, I felt confused and overwhelmed. I wanted to quit before I really started. Thanks to a loving sponsor, I learned that, if I would stretch a little, I would grow a lot. I have found this to be true.

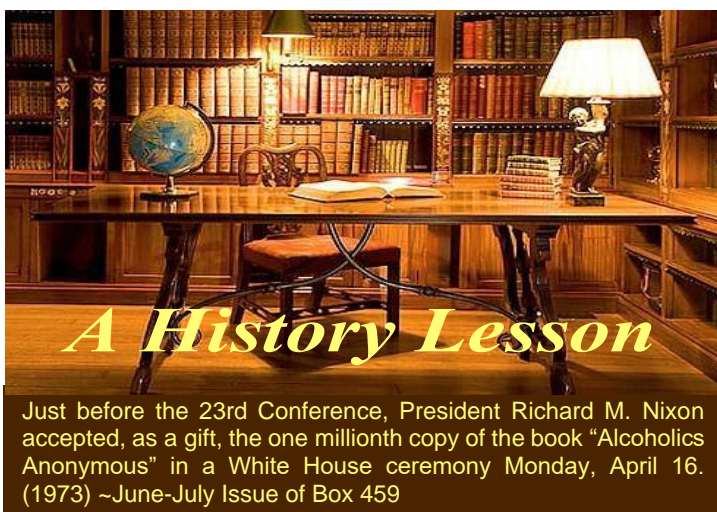
"Thanks to a loving sponsor, I learned that, if I would stretch a little, I would grow a lot."

After I had been serving at the group and district levels for a couple of years, the Grapevine Committee Chair for Area 69 stepped down from the position. The Area 69 Chairperson approached me and asked if I would serve the area as Grapevine Chair. By that time, I had learned to say yes to reasonable A.A. requests and agreed to step in. What a wonderful adventure area service has been. I had heard from others that General Service was all about politics and that everyone fought all the time, especially about money. That has not been my experience. No chairs have been thrown, and I have seen people who strongly disagree on a topic hug and laugh when the loving discussion ended. I have experienced a sense of unity beyond the group level that I have found to be quite wonderful. I learned that we were all there for the same purpose—to carry the lifesaving message of Alcoholics Anonymous to the still-suffering alcoholic. On page 161 of "Our Great Responsibility," Bill W. writes, "If the light is to be carried to the newcomer, he has to be brought within reach of it." We all have the same goal, and it is important to treat each other with love and respect as we serve our Fellowship.

At our Area 69 Election Assembly in September of 2020, my name came out of the hat as the Panel 71 Delegate. There were no

words to express the deep gratitude I felt for the privilege of getting to serve my area as Delegate, and to serve Alcoholics Anonymous as a whole. General Service has given me a sense of purpose. General Service has given me a sense of purpose. I no longer stumble through life, existing and not really living. I know that I am being watched over and guided by a Higher Power who speaks to me through all of you. When I turned my will and my life over to the care of a loving Higher Power, I had no idea where this journey would lead. I can say with certainty that it keeps getting better, and I know the best is yet to come!

With Gratitude, Sheryl T.



First Things First

What is the detriment to AA and myself when I take positions I am unqualified for? Or. How can I be beneficial to AA and myself when I stand for a position?

If I am to be beneficial to AA and myself, then I must meet the program of action as it is laid out for me to follow. There is AA literature provided to me with suggestions for position qualifications, position duties and spirit of rotation.

I am not qualified to take someone else through the steps if I haven't done the steps. I am not qualified to be a DCM if I haven't been a GSR or to be a GSR if I haven't been a treasurer or the secretary or even the coffee maker.

For where my feet are planted first I must graduate into these positions under a spirit of rotation, group conscience, and my own abilities given to me by my higher power. There's usually someone ahead of me doing the job so that I can learn from observing and asking "HOW".

I am beneficial to AA when I commit to and participate in my own recovery. I am beneficial to AA when I commit to a position. My commitment is showing up and participating in that commitment whether on that committee in that district and that area. Showing up is key to any position! I show up for my recovery so why wouldn't I expect to show up for my position. I can be beneficial to AA at all times if I am committed to understanding what the position is what my assets and liabilities are and putting my recovery first.

In love and Service
Kathryn A
Area 28 District 7

A man and his wife were awoken at 3:00 am by a loud pounding on the door. The man gets up and goes to the door where a drunken stranger, standing in the pouring rain, is asking for a push.

"Not a chance," says the husband, "it is 3:00 in the morning!"

He slams the door and returns to bed.

"Who was that?" asked his wife.

"Just some drunk guy asking for a push," he answers.

"Did you help him?" she asks.

"No, I did not, it is 3:00 in the morning and it is pouring rain out there!"

"Well, you have a short memory," says his wife. "Can't you remember about three months ago when we broke down, and those two guys helped us? I think you should help him, and you should be ashamed of yourself!"

The man does as he is told, gets dressed, and goes out into the pouring rain.

He calls out into the dark, "Hello, are you still there?"

"Yes," comes back the answer.

"Do you still need a push?" calls out the husband.

"Yes, please!" comes the reply from the dark.

"Where are you?" asks the husband.

"Over here on the swing," replied the drunk



New to A.A.

I walked into the halls of Alcoholics Anonymous 393 days ago. But who's counting? I was already at Step One. I had realized that I am powerless over alcohol and that my life had become unmanageable. It had been unmanageable for many years, actually. As I looked around the room, I saw many different faces, from different backgrounds. I was hoping that I wouldn't see anyone that I knew. I didn't know what to expect. I'd heard rumors that AA was a religious cult, a bunch of losers sitting around complaining about their lives, etc. I had no idea what I was in for.

I was astonished how welcoming people were. I attended as many different meetings in my District as possible. I felt that people were reading my mind. These individuals understood! They had very similar experiences and emotions surrounding alcohol. When I was brave enough to speak, nobody looked down at me. It was quite the opposite. They welcomed me with open arms and actually thanked me for sharing my experiences with them. I came to look forward to seeing and hearing from countless people at the different meetings. At last, I belonged!

I quickly found a women's meeting that I would attend once a week. I asked a lovely woman there to be my sponsor. I was taking suggestions that you all were giving me. My life seemed to be getting better. My first sponsor helped me start the 12 Steps. What a life changing experience that has been. I became clearer on what I wanted in life. I had the confidence to let go of people and places that were making me miserable and no longer serving my well-being. Believe me, I had my days of being confused, angry, sad, and anxious, but those feelings didn't last nearly as long. I had new ways of coping, other alcoholic's I could reach out to and talk through my emotions. I had a toolbox, ready to be opened at any given time.

Fast forward 6 months. I changed my sponsor, as I was starting to need different things in my recovery. I had to start all over again from Step One. I have come to realize that was good for me. Upon becoming clearer headed, learning more about the program, and familiarizing myself with the Big Book, it changed my perspective. She is a huge proponent for Service in the program. So of course, it was suggested that I become

involved with Service work. I was willing. My first dabble with Service was joining a committee. It was the annual Christmas Alcathon for Area 28, all on Zoom. I had made myself familiar with Zoom very soon into sobriety, as the pandemic happened only a few months in. The committee was a great introduction as to how AA works at a service level. It assisted me in getting to know more people in the program, working as a team, and learning how to give back. It was a fun experience.

Next, I joined a new home group that has been meeting in person locally. I felt like the group was so disorganized. This would be a perfect place to do more service work! When I joined the group, a few others had also joined at the same time, and these individuals were feeling as I did. We quickly held a group conscience meeting. I found myself as the new GSR Alternate! What was I getting myself into? I was introduced to District meetings. The first few meetings, I had no idea what was going on. I did not know the rules of voting, treasury dollar amounts, prudent reserves, GSR reports, and the list goes on. As I've attended a couple more meetings, I'm understanding more on How It Works. I now look forward to attending business meetings on a district level and learning more every time. I also have volunteered to open the Church and set up for one of the three meetings being held at my home group. It feels really good to be involved. It helps me feel like I am giving something back to the program. Alcoholics Anonymous has given me my life back. A new way of living. And for that, I am beyond Grateful.

Love in Service
Julie W.



NERAASA 2021

The First Virtual NERAASA: It's In The History Books

This year the Northeast Regional Alcoholics Anonymous Service Assembly (NERAASA) was virtual for the first time. NERAASA is an annual service event held on the last full weekend of February and is hosted by one of the 18 Northeast Regional Areas. The Northeast Region, one of the eight AA Regions in the US/Canada, spans from Maine to Maryland. There are 93 Areas which comprise the 8 AA Regions of the US and Canada.

What's NERAASA? I confused NERAASA with the Northeast Regional Forum (NERF) until I had attended a few of each. I learned and loved the differences; both events enrich my sobriety. There are all kinds of things to participate in at NERAASA, including presentations on upcoming General Service Conference Agenda items, and a favorite of many AAs: the "Roundtables".

Roundtables are a workshop style sharing session. All members in the same commitment from various locations (3 continents this year!) share experience strength and hope on their specific commitment (for example: GSR, DCM, Accessibilities, and so on).

Just like at meetings where I learn how to live sober from others, at the roundtables I learn how other people are doing the same commitment I have. Just like in my home group, we all learn from each other. Have you heard "by the time my commitment was over, I knew how to do it"? In my experience, my commitment is more fun when I'm informed about it. More important than my own selfish fun, AA is better served when I'm informed.

This year, we had 1649 registered participants, an all-time record. AAs from the other 7 Regions of the US/Canada attended. There were no hotel or meals to pay for, and some who wouldn't normally be able to attend could and did. Members who are not digitally fluent had support from our special workers and our NERAASA host committee. I myself was not fluent in the digital dialect in 2015, so I got a tech sponsor, who helped me to do my commitment better by teaching me the digital dialogue of those I served. At NERAASA, we had Spanish Interpretation, ASL and Closed Captioning. Meetings in

Spanish were interpreted into English. We make AA accessible: *"When anyone, anywhere, reaches out for help, I want the hand of AA always to be there, and for that, I am responsible"*.

2021 NERAASA was held on a virtual platform. Each Area is autonomous, except in matters affecting other Areas, or AA as a whole (Tradition 4). We happened to use Zoom. It was not a Zoom event, it was an AA event (no endorsement, Tradition 6).

"We absolutely insist on enjoying life", and enjoy we did. Our NERAASA Registration Chair invited your delegate, Nikki, to join the Registration Committee, and after she accepted, in no time she was on the Outreach Committee producing movie shorts and helping other committees. If you haven't seen the NERAASA 2021 movies, please reach out to your delegate, Nikki.

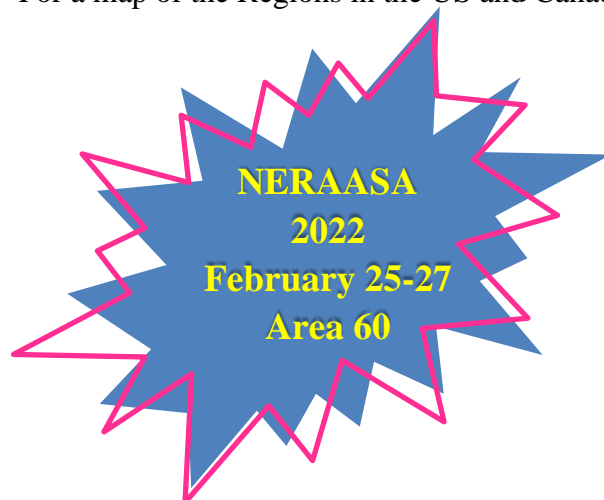
Area 28, Maine, thank you for your service and participation in the first ever virtual NERAASA. Thank you for sharing your delegate with the NERAASA 2021 Registration Committee. Hope to see you on February 25-27 at The 2022 NERAASA.

In love, with service (and in love with service),
Jane E. Area 49, Southeastern NY (SENY)

2021 Virtual NERAASA Registration Chair
AA will be better than ever, not despite, but because of COVID-19, provided we practice our 36 spiritual principles.

12 Steps, 12 Traditions, 12 Concepts

For a map of the Regions in the US and Canada, click [here](#).



COMMITTEE REWARDS

I was asked to give my experience, strength and hope about what it's like to sit on a committee in Alcoholics Anonymous. In Alcoholics Anonymous we have an abundance of work to do; often so much work is required that it seems like there's too few people. If you were taught as I was, you would never say "no." What sitting on a committee does for me, is it keeps me active in one day at a time, while having a deadly disease. I get to stay sober for one more day. Not by resting on my laurels, or being an angry drunk, no! I get to practice the principles of the program. I also get to be a part of motions before they get presented to the assembly. I get to learn about the history of AA and how it's evolved into what it is today. AA is a democracy and everybody has a voice. The upside-down triangle ensures that minority opinions are heard. Nothing gets by the committees without first a discussion, then a review, and lastly the consideration of the body.

I've also been given the gift to learn through active service and to be cohesive with a group conscience. When ideas are brought to a committee, they are often shuffled and a brand-new vision is presented. I've learned that motions that pass are motions that AA can get behind. Sending our Delegate informed to the general service conference gives her the most information about her area. It has nothing to do with her opinion or ideas.

You may say that this doesn't sound like any fun but in reality, through the learning process of patience, love, tolerance, and kindness, I've had some of the best belly laughs. The only place where you can dress in your best to fool around and make AA changing decisions with other like-minded individuals.

Love and Service,

Jamie R. D.16, D.C.M.C.

A drunk guy in Maine decides to go ice fishing. So, he packs up his stuff and goes out onto the ice.

He starts sawing a hole in the ice, and a loud booming voice says, "YOU WILL FIND NO FISH UNDER THAT ICE!"

The drunk looks up, ignores it, and continues on. The voice repeats, "YOU WILL FIND NO FISH UNDER THE ICE."

The drunk looks up and says, "God? Is this God trying to warn me?"

The voice says "NO, I'M THE MANAGER OF THIS ICE RINK."



Which of our Co-Founders had tattoos?

One tattoo he had was of a dragon and compass. The dragon wound around his left arm from the shoulder to the wrist. It was blue with red fire

3rd Legacy Procedure:

The third legacy procedure as described on page S21 in the current Service Manual is a unique electoral procedure used by A.A. to elect its officers, such as delegates, trustees and other general area officers. The process can seem tedious; however, it is a proven method for selecting our trusted servants. This system helps in the eradication of politicking and influencing. It has proven to be a clean, fair and spiritual way to select qualified people. To prevail in a third legacy procedure, one must receive 2/3rds affirmative votes of the voting body. Therefore, the number of needed votes must be determined in advance.

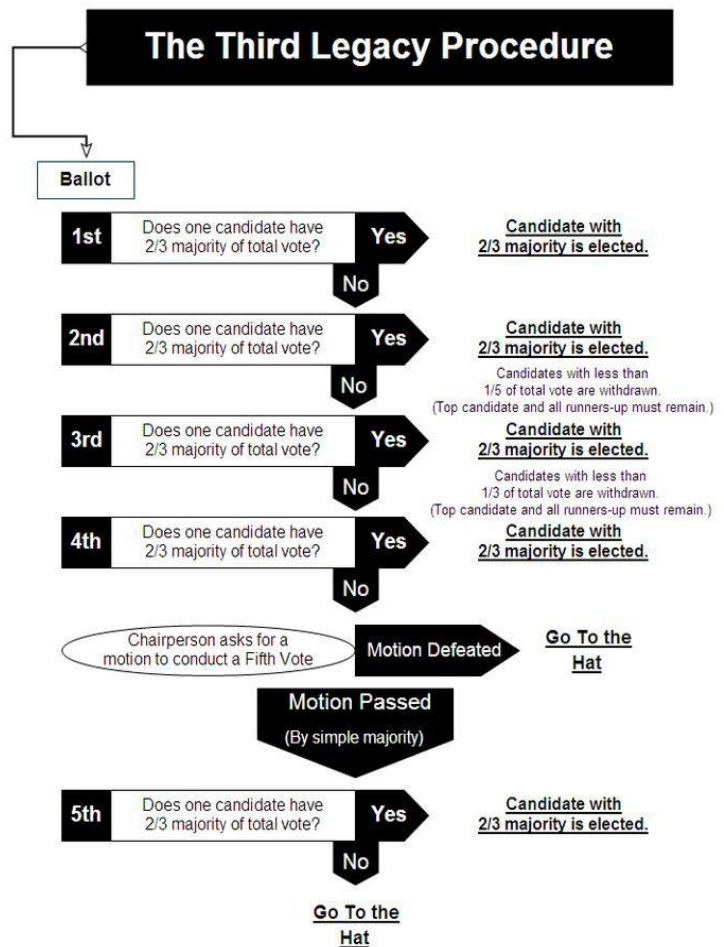
To understand it more clearly, I needed to break it down with simple math. Remember every Area, District, and Group are autonomous except in matters affecting A.A. as a whole, so some may do this process a bit differently, and that is okay.

Let's say there are 112 voting members at an Assembly, first we need to determine 2/3rds, which is 74.66 some Areas round up, some round down. For this example, we will round up to 75. A prevailing candidate must receive 75 affirmative votes in order to be selected in the first round.

If no one receives 75 votes a 2nd ballot is cast. On the second ballot if no one receives 75 affirmative votes, anyone with less than 1/5 of the votes is removed from the slate of candidates. In this case, everyone with less than 23 votes is removed. Without having received 75 affirmative votes a 3rd ballot is cast, this time anyone with less than 1/3 votes will be removed, so someone with less than 38 votes is eliminated. If no one has 75 affirmative votes a 4th ballot is cast. Again, on this ballot, 75 affirmative votes are needed to be elected. If none

of the candidates has 75 votes then the Chairperson asks for a motion to conduct a 5th vote, a second and a simple majority are needed.

If the motion is defeated, the remaining names go to the hat. If the motion passes a 5th ballot is conducted. The prevailing candidate must have 2/3rds or 75 votes. If after the 5th ballot there is no candidate with 75 votes, the remaining names go to the hat. The names are in the hat, and the newly elected officers name is pulled.



Broad Changes Impacting AA, as a whole

Here is another special article submitted by John K., a past Northeast Regional Trustee (2007-2011). John passed away on March 14. He was quite ill for a couple of years but stayed very active in A.A., a true inspiration for members as we rotate on. John spent many Thursday evenings with us on the various workshops. He struggled to verbally communicate, but he did it anyway. He had a wealth of knowledge and was willing to share his experience, strength and hope. I am grateful John was willing to submit this article last week, to have his thoughts one more time.
R.I.P. My Friend, John K. NERT

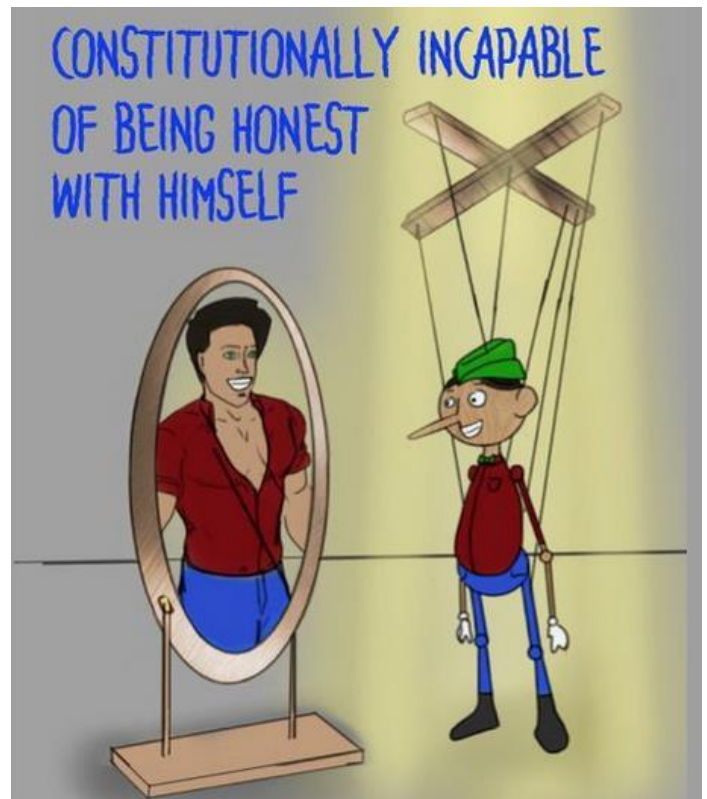
I am an alcoholic and my name is John. I have been asked by your Delegate, Nikki, to describe the changes that have occurred in Alcoholics Anonymous during my 35 years as a member. I have been privileged to serve the Fellowship in every position within the Group as a DCM, Area 45 Chair, Delegate to the 46th and 47th conference, and as a Trustee from 2007 until 2011.

Alcoholics Anonymous began on June 10, 1935; we are currently in our 86th year. All of the changes over the past years have directly impacted every member. The changes began in 1939 with the publication of "The Big Book": *Alcoholics Anonymous: The Story of How More Than One Hundred Men Have Recovered from Alcoholism*. Through the Big Book, we were able to carry the message to all who were ready to receive it. The Big Book is currently in its 4th edition.

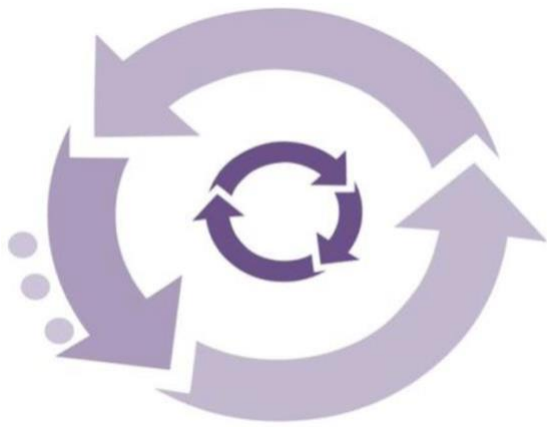
One of the first changes that was made was environmental. We made this significant change, not necessarily because of AA, but because of government regulations. From the beginning, many of our members smoked and many meetings were held where smoking was permitted. When the government made it illegal to smoke inside buildings in 1995, we stopped smoking.

Another one of the major changes is the way we communicate and interact as a region in AA. The first few facts here are taken from our documentation, "A History of NERD". During the 1970 International Convention held in Miami, Florida, discussions were held by the North East Delegates and Trustees, Past and Present, about starting a convention and other get-togethers in the Northeast region. The NERD convention began in 1971 in Hyannis, Massachusetts. The first gathering of NERD was held in Oriskany, New York in March, 1973. It was the original name given to the Group assembled as a get-together of Current and Past Delegates residing in the Northeast Region. In 1992, the Northeast Regional

Convention (NERC) was replaced by the Northeast Regional Alcoholics Anonymous Service Assembly (NERAASA), which was based on the Pacific Region Alcoholics Anonymous Service Assembly (PRAASA). It was felt that NERAASA was more productive than NERC. We are now celebrating our 29th NERAASA. The last major change, the importance of which cannot be underestimated, is the use of technology platforms to carry the message. In the middle of a pandemic, with our members being unable to gather in person, we *are* able to continue to do our jobs. We meet in our home groups, as DCMS, as Trustees, as Area Chairs, as Delegates, as NERASSA. Whether through Zoom, Google Meet, or Skype, our members meet virtually, wherever they are. If you are interested in a history of the Fellowship, read [AA Comes of Age](#) from the book *AA Everywhere - Anywhere*. Alcoholics Anonymous is a dynamic organization that continually changes to meet the needs of over 2,000,000 members around the world. To quote Bill W., "Nothing matters more to AA's future welfare than the manner in which we use the colossus of modern communication. Used unselfishly and well, it can produce results surpassing our present imagination." AA will continue to adapt to support its worldwide members in their recovery.



***Haven't we all played Pinocchio on occasion?**



Not Rotating Out.....

For those of us who are service junkies, I imagine that facing A.A. life after a “final” service position could be quite a source of distress. By “final,” I mean, for example, that you stood as Alternate DCM for DCM, but the GSRs chose someone else; or you have held all the available committee chair positions at your local Intergroup/Central Office; or you stood for Area office and don’t expect to be eligible to do so again; or you completed the two-year stint as Area Delegate. That last is what happened to me. But I’m fortunate. In my Area, our Past Delegates are immediately pressed into service on our Convention Committee. It’s not a typical convention however. It is our once-a-year Assembly, combined with a service-oriented convention weekend. Most of us rotate through Chair, Secretary and Treasurer, then find a niche fulfilling some recurring need on the committee that fits our abilities, skills and loves. Some other Past Delegates can serve as committee chairs. But still others may well feel they’re at a dead end. I do not hold with those who take the same service positions more than once. I see many people serving the same positions over and over: GSRs serving again at a different—or even the same—home group (full disclosure: I did this myself, because I fell into a GSR position almost by accident with 14 months of sobriety, then couldn’t wait to scramble down the service triangle as fast as I possibly could, until a discussion with my sponsor convinced me it was far too much about my ego and far too little about actually being a trusted servant). I see many people again and again as DCMs, often sighing that no one else wants the job. I’ve even seen Past Delegates who have served on multiple Panels as Delegates while they move from Area to Area.

My advice is to let someone else have a chance. I am one of roughly 3,000 A.A. members who have had the honor and privilege to serve as Area Delegate, walking in the shoes of Bill W. and Dr. Bob. If I were to move away and do it again, I’d be depriving some other worthy member of having that experience.

There are plenty of service opportunities in A.A. for a past *anything*. Been in General Service for 10 years? Try being on the front lines of carrying the message by serving at Intergroup! Are there up-and-coming General Service eager beavers who could benefit from your experience and knowledge? Start a Traditions Study, Concepts Study, or Service Manual Study! Not confident enough in your abilities to host and lead a Zoom meeting studying these things? Find one or more of those that already exist and become a regular attendee! You may not learn much, but you may well find that you have more to offer than you realized. Or you may find that you don’t know nearly as much as you thought you did! Almost every week I run into newer A.A. members who have never been to a face-to-face meeting and have no idea what we’re talking about when they find their way into a General Service-oriented study group meeting. I’ve done all these things since I rotated on from being Eastern PA’s delegate. Opportunities to serve Alcoholics Anonymous abound. Find the ones that you think might suit your abilities, that you might enjoy doing, and jump in. After all, it is a program of ACTION!
Hugh H. Panel 61 Delegate, Area 59 (Eastern PA)

“Traditionally, Rotation keeps AA members from becoming frozen in office. It also ensures that group tasks, like nearly everything else in AA, are passed around for all to share...to step out of an AA office you love can be hard. If you have been doing a good job, if you honestly don’t see anyone else around willing, qualified, or with the time to do it, and if your friends agree, it is especially tough. But it can be a real step forward in growth—a step into the humility that is, for some people, the spiritual essence of anonymity...rotation helps to bring us spiritual rewards far more enduring than any fame. With no AA “status” at stake, we needn’t compete for titles or praise—we have complete freedom to serve as we are needed”. ~ *The A.A. Group Pamphlet p. 34*

What was the former title of “As Bill Sees It”?

As we reflect back on the extraordinary events that we all have been experiencing it is with hearts full of gratitude that we say thank you to each and every group and member for all of the spectacular work of carrying the message to the still suffering alcoholic that has taken place in these difficult times.

For many, this meant pivoting our groups to be online. For some, greeters became temperature screeners, enthusiastically encouraging mask use. In many of our meetings the coffee maker position went away and the online meeting host position appeared. As our many local A.A. offices met unsure financial outlooks, groups across the US and Canada figured out how to make their 7th Tradition support digital and supported one another as a whole. Service workers across the Fellowship worked from home, often tired and understaffed. As the pandemic pushed surges in binge drinking to new heights, our groups met the challenge head on and introduced a new generation of alcoholics to our program who have been sober for months now and have never even experienced an in-person meeting. The best is surely yet to come.

In the early months of 2020, many would not have imagined we could carry our message as fully, as far and as freely as we have online in the last 9-10 months. Some would have actively argued it could not be done. As a society, A.A. has never faced these challenges before. With no historical reference point for us to look to, after 85 years we faced a new pioneering period.

A.A. members everywhere responded, adapted, and met calamity with serenity. We are a resilient lot. We have seen clearly that the message of A.A. and the lifesaving experience of our membership need not be limited by time, space, or custom. We are held up by 36 spiritual principles in our Steps, Traditions, and Concepts that we can absolutely rely on to guide us through any uncertainty or challenge ahead.

We understand more clearly today the importance of prudence and why we keep a reserve. We have new appreciation for group conscience and its ability to be found even over great distances. Our primary purpose served to keep us unified and as a buoy in uncertain times where being of service to others has helped us through the storm. The evidence of these events over the last year make clear that our legacies of Unity, Service, and Recovery remain strong. We as a board are rejuvenated

with hope for a new year ahead and all the great opportunity that awaits as the world begins the slow process of recovery from the pandemic.

Covid-19 has brought very hard, and sometimes tragic events to many among us and around us. In taking stock, these circumstances have forced a crack in our rigidity and created light where before there was only a glimmer. If we leave room for that light to grow and adhere steadfastly to our principles, we can confidently face any uncertainty ahead.

As we continue meeting this challenge and those ahead, let us together continue to 'grow in understanding and effectiveness', constantly working towards ensuring that any person needing the message of Alcoholics Anonymous can find it, and that together we preserve that message for the generations of alcoholics still to come.

What is AAWS?

Alcoholics Anonymous World Services, Inc. (AAWS, originally Works Publishing, 1938) is one of two operating corporations (the other is AA Grapevine, Inc.) of the General Service Board of AA, Inc. (formerly the Alcoholic Foundation, 1938).

AAWS holds the copyright to AA's core literature including the books *Alcoholics Anonymous* and *Twelve Steps and Twelve Traditions*. It operates AA's General Service Office (GSO) 475 Riverside Drive, New York which serves as a repository and clearinghouse for AA's collected experience and general information about AA. GSO also coordinates a range of service activities, and handles the translation, publication and distribution of AA literature.

***The AA Service Manual*, available as a free download on the aa.org, offers detailed information on AAWS and other elements of AA's service structure and activities.**

Area 28 is preparing for the Fall Assembly where we will have 3rd Legacy Procedures to elect officers for 9 positions: Registrar, Alt Secretary, Secretary, Alt Chair, Chair, Alt Treasurer, Treasurer, Alt Delegate and Delegate. These are all 2-year commitments. Be part of a team who represent the entire Area and its needs. The elections are in October. The outgoing & incoming officers meet the first Sunday in December and the official swap happens January 1, 2022. Take the time to go through the Area 28 workbook, the General Service Manual, talk to your Service Sponsor and take a moment and reach out to any current officer to learn more about what they are doing. And remember: You are never alone, there is a ton of support and knowledge to share!

Registrar: seeking dedicated AA member. 3+ years sobriety preferred with previous GSR and DCM experience. Knowledge of Area 28, the General Service Office, Service Workbook and Area 28 Workbook strongly suggested. This job requires moderate computer skills in conjunction with people skills. The candidate will keep track of and enter group information into an international program/database for the General Service Office.

JOB REQUIREMENTS: Attend 5 Area Committee meetings attend 2 Area Assemblies annually. Attend Pre/Post conference forums annually. Attend Regional events, regular communication with the Area is vital.

Alt Secretary: seeking dedicated AA member. 3+ years sobriety preferred with previous GSR and DCM experience. The primary job is to work with the Area Secretary to formulate accurate minutes from meetings and be ready to step into Secretary position in the event it is needed. The Alternate Secretary will organize, print and mail minutes to those members of Area 28 who do not have electronic communications or who have requested hard copies mailed. Communication with people and computer skills necessary. Proficient typing and email skills a must!

JOB REQUIREMENTS: Attend 5 Area Committee meetings annually, attend 2 Area Assemblies annually, Attend Pre/Post conference forums annually. Attend Regional events, regular communication with the Area is vital.

Secretary: seeking dedicated AA member. 3+ years sobriety preferred with previous GSR and DCM experience. Communication with people and excellent computer skills necessary. Must be organized in gathering information and creating accurate minutes from meeting notes taken during Area meetings. Typing and email skills a must!

JOB REQUIREMENTS: Attend 5 Area Committee meetings annually, Attend/Participate in 2 Area Assemblies annually. Attend Pre/Post conference forums annually. Attend Regional events when possible. Regular communication with the Area and sending out notices and announcements will be a primary focus of the job.

Alt. Chair: seeking dedicated AA member. 5-6 years sobriety preferred with previous GSR and DCM experience. Communication with people and proficient computer skills necessary. Encourage participation throughout the Area by bringing people together.

JOB REQUIREMENTS: Attend 5 Area Committee meetings annually Attend/Chair 2 Area Assemblies annually, Attend Pre/Post conference forums annually. Attend Regional events whenever possible. Work with the chair to coordinate AA business with other Area 28 officers in educating and generating positive sober opportunities for people seeking recovery. Be available to Area 28 members for sharing and encouragement. Generate interest for other recovering alcoholics in the service structure to pass on the legacy of service in Area 28. Serve as secretary to the Archives Committee.

Chair: seeking dedicated AA member. 5-6 years sobriety preferred with previous GSR, DCM and Panel experience. Communication with people and proficient computer skills necessary. Encourage participation throughout the Area by bringing people together. Must be organized in gathering information and creating meeting agendas.

JOB REQUIREMENTS: Attend 5 Area Committee meetings annually. Attend/Chair 2 Area Assemblies annually. Attend Pre/Post conference forums annually. Attend Regional events whenever possible. Coordinate AA business with other Area 28 officers in educating and generating positive sober opportunities for people seeking recovery. Be available to all Area 28 members for sharing and encouragement. Generate interest and bring other recovering alcoholics into the service structure to pass on the legacy of service in Area 28. Serve as Board member of 501(C)

Alternate Treasurer: seeking dedicated AA member. 3+ years sobriety preferred with previous GSR, DCM and Area experience. Book keeping background/experience a must! Knowledge of Area 28, the General Service Office, Service Workbook and Area 28 Workbook strongly suggested. Must possess leadership qualities and an ability to visit districts and events throughout Area 28 working with District Treasurers to educate and assist in 7th tradition principles of AA. Requires firm financial discipline and transparency. Expected to be a guardian of Area 28 funds. Chairperson of the finance committee - putting together a budget to be presented to the Area for approval.

JOB REQUIREMENTS: Attend 5 Area Committee meetings annually. Attend/Participate in 2 Area Assemblies and Pre/Post conference forums annually. Attend Regional events. Serve as Board member of 501(C) (3) Board of Directors

Treasurer: seeking dedicated AA member. 3+ years sobriety preferred with previous GSR and DCM and Area experience. Book keeping background/experience a must! Knowledge of Area 28, the General Service Office, Service Workbook and Area 28 Workbook required. Must possess leadership skills and an ability to visit districts and events throughout Area 28 working with District Treasurers to educate and assist in 7th tradition principles of AA Requires firm financial discipline and transparency. Expected to be a guardian of Area 28 funds. Acknowledge all received monies.

JOB REQUIREMENTS: Attend 5 Area Committee meetings annually. Attend/Chair 2 Area Assemblies annually Attend Pre/Post conference forums annually Attend Regional events. Serve as Board member of 501(C) (3) Board of Directors

Alternate Delegate: seeking dedicated AA member. 5+ years sobriety preferred with GSR, DCM and Area office experience Knowledge of Area 28, the General Service Office, Service Workbook and Area 28 Workbook strongly suggested. Must possess leadership qualities and an ability to visit districts and events throughout Area 28. Requires being the chairperson of the Guidelines Committee overseeing and making editorial changes to the Area 28 workbook. Requires skills in working with people to reach consensus' on Guidelines matters. Will assist in understanding Conference Agenda items and further explanation and delivery of their background to the Area. Communication and listening skills required. Consensus building and understanding is necessary to gather an Area vote. Must be ready to attend the Annual GSC in the event the Delegate cannot attend. Computer skills a must.

JOB REQUIREMENTS: Attend 5 Area Committee meetings annually. Attend/Chair 2 Area Assembly. Pre/Post conference forums and Attend Regional events.

Delegate: seeking dedicated AA member. 5+ years sobriety preferred with previous GSR, DCM and Area officer experience. Knowledge of Area 28, the General Service Office, Service Workbook and Area 28 Workbook required. Must possess leadership qualities and the ability to visit districts and events throughout Area 28 and regionally. Tasked with understanding Conference Agenda items to further explain and deliver background to the Area Members and listening are must skills. Consensus building and understanding is important to gather an Area vote. Attend the Annual General Service Conference in NY to represent Area 28. Help organize a post Conference Forum to report to the Area the results of the General Service Conference.

JOB REQUIREMENTS: Attend 5 Area Committee meetings annually. Attend/Chair 2 Area Assemblies annually. Attend Pre/Post conference forums annually. Attend Regional events and the GSC.

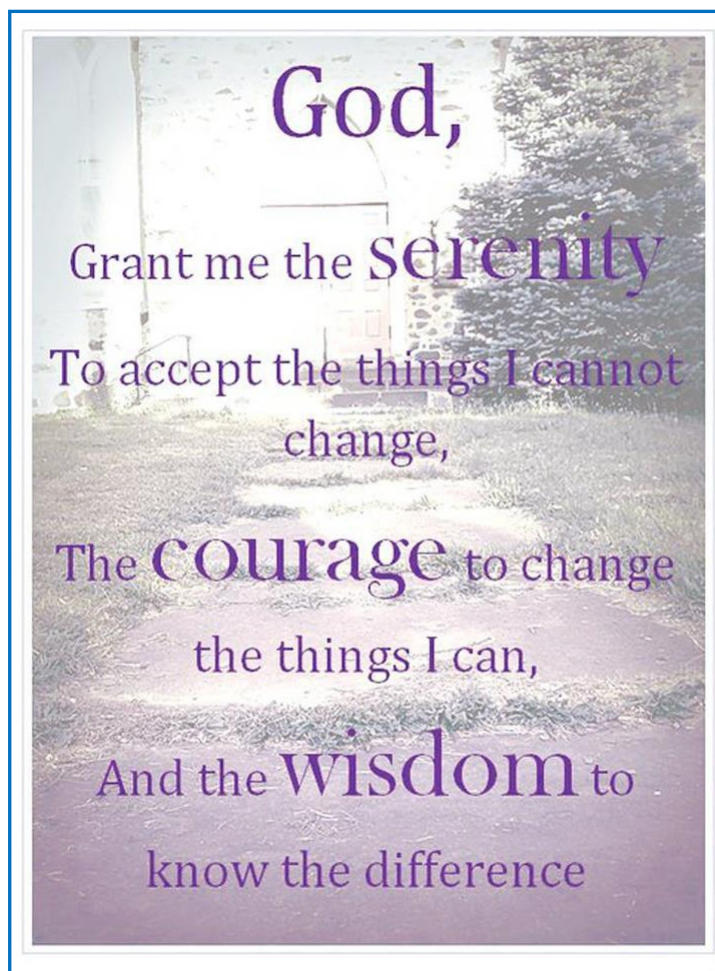


My name is John and I serve as your area treasurer. I was asked recently if I would provide the time commitment of the Treasurer and Alternate Treasurer positions. I began serving as your Alternate Treasurer on December Third of 2017, approximately 900 days have passed since and during that time. I have attended 6 area assemblies, 14 area committee meetings and 7 pre- and post-conference forums. This relatively meaningless information represents an important responsibility of these two positions as it is defined in our Maine Area Service Workbook and a commitment I have enjoyed following through on.

More important to me is that upon awakening on this day I asked the God of my understanding to direct my thinking. Divorcing my thinking from self-pity, dishonest or self-seeking motives isn't always easy but certainly worth the effort; this process keeps me close to the plan of action the 12 steps the God of my understanding provide for me to live in today. I also start my day with the A, B, C's of that our description of the alcoholic, the chapter to the agnostic, and our personal adventures before and after; this leads me to the Third Step Prayer, inventory, prayer and meditation and amends, when needed. This daily plan is absolutely foundational to any service I endeavor to provide to AA and is a practice I learned through good sponsorship when I joined AA.

Technology is an ever increasing dynamic in AA service. We provide financial reports with professional accounting software and this has been an interesting process to be a part of. I had some experience with QuickBooks, the software we track our finances with, prior to being elected to Alternate Treasurer. What I wasn't prepared for was receiving an area computer that was unable to access our accounting software. We went through the process of bringing an agenda to our assembly and our area decided the Alternate Treasurer position justifies computer equipment to support our financial tracking. I heard recently in AA that service positions have two phases, the first year and the last year. Half way through the last year of being the Alternate Treasurer was the point in time when I became able to access our financial information on a regular basis. The

relatively new computer was turned over to the incoming Alternate Treasurer and I think our area should appreciate what our current Alternate Treasurer has done with this equipment. I have been a member of the Rumford Mexico group since the fall of 1990 and served as GSR of my home group during Panel 46. It was a time that generated an interesting level of service energy and I have been engaged in area service since. The program of AA is our 12 steps and when I work our program I reference our book "Alcoholics Anonymous" and "Twelve Steps and Twelve Traditions" when inventorying my service to AA. The Rumford-Mexico group meets online on Sunday mornings at 10am and our format is an extensive look our foundational literature. We are listed on the Central Service Office website, please consider joining us. It saddens me when I listen to AA members talk about being "burned out" on AA service, commitment is an action word, faith is an action word, service is an action word. If I continue inventory, prayer and meditation and stay on the "Thy Will be done" beam it is my experience that I will experience the life I was offered over 30 years ago, "**One Day at a Time**"!! Thank God! My time commitment is 24-hours every day of the year. Thank you for allowing me to share. John D. Area 28, Panel 70 Treasurer



Trivia Answer: On page 298 of Dr. Bob and the Good Old Timers, we learn that Dr. Bob was “gloriously tattooed”. Good to know when we are sponsoring someone with tattoos (or none)- Another opportunity to identify, rather than compare

It's bigger than you think.

A.A. has a worldwide reach. It was a true pleasure to have Nagini and Thomas participate in our Service Manual Workshops all the way from Sweden. We have developed a friendship and intend to maintain it. I had the great pleasure of attending their International Convention today from the comfort of the couch. It is humbling to really experience the feeling of being one among many.



Service in Remote Areas

It was one o'clock in the morning on Friday 15 Jan 2021. My husband and I logged in to the Online Service Manual Workshop organized by Areas 28, 29 and 13. Why are we doing this, all the way from a small village in the north of Sweden? We both agreed that we need more help and support to continue to carry the message. We were taken back by the energy and enthusiasm for this workshop. At times there were up to 340 participants! We stayed up after each session was over to chat with the other participants and managed to get to bed by 3 am. We work from home. So, we organized our work schedules around our early morning activities.

In my twenty-three years in AA, service has been a constant as I moved countries and experienced AA in different languages. My first homegroup “created” a service position just for me. I was to take care of the AA literature table. I felt of use and finally I belonged. These are the feelings that I still associate with service in AA.

My sponsor led by example when it came to service. My husband and I have the same level of commitment for service. We have travelled around the world and been to meetings and conventions despite language barriers. We come across many members in general service in our travels especially during my time as service delegate. A common theme that I pick up in my travels is the lack of understanding of AA as a worldwide entity due to service members being deprived of a working knowledge of all 36 principles of AA.

As a result of attending online AA service workshops, including the Service Forums and NERAASA, I have been able to enjoy opportunities of growth that have been denied to me as I live outside of the USA. The ripple effect is astounding. My homegroup, which is an international online group with members from around the world, has organized four international online conventions and two online service workshops in the past nine months. Our December 11, 2020 Convention invited 36 speakers across the globe to speak on one of the principles for 10 minutes. Such fun! Looking forward to the Concept Workshop in May organized by four areas including this area. Another exercise of unity! I wonder what ideas my homegroup will come up with after that.

Nagini, Secretary of Altered Attitudes, Service Workshop Team, Continental European Region

“Alcoholics Anonymous is a **worldwide fellowship** of men and women who help each other to stay sober. The only requirement for membership is a desire to stop drinking.

Members share their experience, strength and hope in recovery from alcoholism at meetings and on a one-to-one basis. There are no dues or fees for membership. As stated in the A.A. Preamble, “We are self-supporting through our own contributions.”

At the core of the A.A. program are the Twelve Steps of Recovery, a group of principles based on the trial-and-error experience of A.A.’s early members. Practiced as a way of life, the Twelve Steps include elements found in the spiritual teachings of many faiths. These Steps have helped A.A. members **the world over** to live sober, fulfilling lives.” ~ P25, *Members of the Clergy Ask About Alcoholics Anonymous*

The former title of "As Bill Sees It" was - *The A.A. Way of Life*

The A.A. Way of Life, a collection of Bill's writings, was published in 1967 as a daily source of comfort and inspiration. The title of the book was changed in 1971 to As Bill Sees It.



Thank you for reading the Spring 2021 edition of the Boomerang. We are looking for articles for the Fall edition.

The topic will be: **CHANGE**
Please send articles (400 words or less) questions, comments or ideas to area28delegate@gmail.com

See you at the Spring Assembly!

2021 Schedule

[Spring Assembly April 9th-11th](#)

General Service Conference: April 18-25

Post Conference Forum: May 16

Area Committee Meeting: August 1

Area Committee Meeting: September 12

Fall Assembly: October 15-17

Swap meeting: December 5.

**Keep trudging the road
of
happy destiny!**