



# Area 30

Alcoholics Anonymous  
General Service Committee  
of Eastern Massachusetts



## *THE MESSENGER*

**“Connecting with Love, Unity and Service”**

Theme of the 74<sup>th</sup> General Service Conference

### MESSAGE FROM THE EDITOR

Hey, hey, Area 30!

In the eleventh month of the year, we often reflect on gratitude, Step 11, and Tradition 11.

What are YOU grateful for?

Today, I am grateful to be sober, to have a solution, and to be an active participant in my recovery.

Our November Workshop Assembly affords many opportunities to get active—as members of a group, a district, an area, and a fellowship. We ALL belong here, and I am immensely grateful for that fact.

Please enjoy this last edition of the Messenger in 2023—we’ll see you again in the New Year!

Stayin’ grateful, one day at a time,  
Catherine RM  
Area 30 Messenger Chair/Editor

Volume 45, Issue 4  
November 5, 2023

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The 59<sup>th</sup> Annual Massachusetts State AA Convention  
will be held **November 10-12, 2023**,  
at Sturbridge Host Hotel in Sturbridge, MA.

## ***Home Group Celebration***

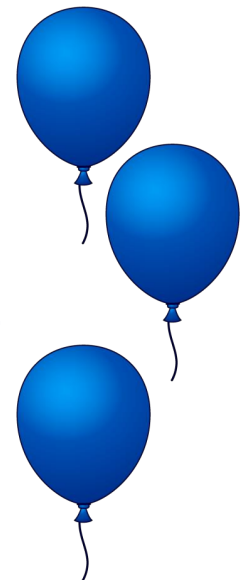


Massachusetts State Convention  
Sturbridge Host Hotel, Sturbridge MA  
Saturday, November 12, 2023  
1:00 – 2:45pm

The Home Group is the Heartbeat of AA!  
Celebrate what makes your home group special.

Make a banner or poster ...  
Read an essay or poem ...  
Sing a song ...  
Bring your enthusiasm and  
love of your home group and

Full convention details  
can be found at  
[aamastateconvention.org](http://aamastateconvention.org)



**CELEBRATE YOUR HOME GROUP WITH US!!!**

## A NOTE OF THANKS FROM THE AREA 30 CHAIR

Wow, we have done a lot since our last Assembly! It is really amazing to see so many people are doing an incredible job to keep the hand of AA available the next generation here in Area 30 and beyond. I had the opportunity to visit a couple of committees, workshops and districts this month and I am so impressed at all the work that is being done. Thank you!



Thank you to all the committees who work so hard to keep their committee going all the work they do. They also make sure their display boards are at the Assemblies and workshops. It is always wonderful to see them and the work that have done to keep them looking so wonderful. If you get a chance, please take the look at these boards, they are so informative and interesting.

At our regular Area 30 meeting we invited a past delegate from Connecticut to moderate an inventory for us. The inventory was very helpful as well as insightful. The moderator sent us questions beforehand and asked us to be prepared to answer them. He set a boundary of a two-minute limit of sharing so that everyone would have the chance to talk. He went over each question (not in the order they were given to us) and had us answer to the best of our ability. There were many people in person and on Zoom and it appeared that everyone was so respectful of others' time and were able to share their thoughts and feelings. You can find the full question and answer Inventory on our website in the [Chair's Folder](#) for this month. If you want a copy sent to your email, please ask and we will be happy to send it to you.

Our Finance Committee has been doing a fabulous job holding Finance Committee meetings and keeping up with the one-time requests and supplemental budget requests that have been coming in because our committees are now coming back to pre-COVID work. Thank you all.

There are several Ad-Hoc committees working in the Area:

- Messenger
- Archives
- Area Meeting Location (a new place to hold our meetings making sure that we have considered accessibility, parking, and space to store our materials)
- Assemblies
- Area 30 Monthly Meeting (format, timing, logistics)

In love and service,

Virginia M, Chair  
[chair@aaemass.org](mailto:chair@aaemass.org)



# *Happy Thanksgiving*

## *AA Thanksgiving Alkathon 2023*

*Sponsored by General Service Districts 18 and 19*

*Wednesday, Nov. 22, 5:00PM until Midnight  
and continues*

*Thanksgiving Day, Nov. 23, 5:00AM until 3:00PM*

*In person at:*

*St. Richard's Church  
90 Forest Street, Danvers*

*And on Zoom:*

*Meeting ID: 881 3381 2688*

*Passcode: 811237*

*Please join your AA family for food, fellowship and  
gratitude! Different AA Groups speaking every hour!  
Learn more about our Districts and get yourself involved!  
Food donations happily accepted!*

*For more information go to [aaemass1819.org](http://aaemass1819.org)*





# NECYPAA XXXIII

**The Great Paradox**  
**JANUARY 5TH-7TH IN DANVERS, MA**

## What is NECYPAA?

The New England Conference of Young People in Alcoholics Anonymous (NECYPAA) was founded in 1989 as an annual celebration of sobriety of young people in Alcoholics Anonymous.

This Conference provides an opportunity for young AA members from all over to come together and share their experience, strength, and hope as members of Alcoholics Anonymous.

## What Can I Expect?

The conference will offer three days of meetings, panels, workshops, main speakers, activities, games, fellowship, service opportunities and much more! You can expect to meet hundreds of other YPAA members from all over the region and the country coming together to celebrate their sobriety.

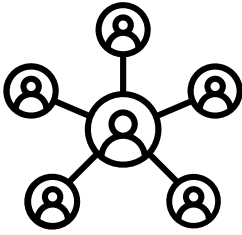
## Who Can Attend?

While this Conference is geared primarily toward young people, persons of all ages in Alcoholics Anonymous are welcome. The conference is also open to the general public. We ask that non-alcoholics who attend respect the anonymity of all AA members who are in attendance.

Please reach out to [NECYPAA33@gmail.com](mailto:NECYPAA33@gmail.com) with any questions!

pre-register for the conference at [necypaahost.org](http://necypaahost.org)

## REFLECTIONS FROM THE NATIONAL AA TECHNOLOGY WORKSHOP



Hi! I'm Avi (they/them), I'm an alcoholic, and your Area Secretary.

Using technology has become a big part of my roles, both as the Area Secretary and as a member of Area 30's Technology Committee. I thought it would be helpful to connect with other AA's relating to technology use in service. Therefore, on September 8th-10th I virtually attended the 2023 National AA Technology Workshop.

### **Here are some things I learned about tech in AA at the conference:**

- The Online Intergroup of Alcoholics Anonymous has been around since the mid 1990's – long before the COVID-19 pandemic made it more broadly known.
- A lot of committees throughout the US are now using QR codes to get AAs connected to more resources, just like our Area 30 committees and local intergroups are!
- Some Areas use applications or programs that transcribe business and committee meetings minutes, to lessen the load on the secretaries and committee chairs.

### **Here are some things I've learned about attending AA conferences, both in person and virtually:**

- I bring snacks and water in addition to my caffeine! You never know when you might get caught HALTy!
- I was advised before the first time I attended NERAASA (North East Regional AA Service Assembly) that I should miss a panel or two to rest and recharge. I, an introvert, was happy to be reminded that self care is essential to service work. Thanks service sponsor. ;-)
- I reach out to my sponsor and the rest of my support system throughout a conference, because while attending my life isn't magically on hold, and I'm still an alcoholic!
- Service sponsors are a great resource when questions arise.

### **Want to have your own AA conference experience? I've got a great suggestion: NERAASA 2024!**

Check out NERAASA in Hershey, PA, February 22nd-25th, 2024! NERAASA honestly is the best conference I've been to (including counting ones outside of AA). I loved going to connect with really awesome people, and the roundtables are absolutely amazing, and so helpful! Here's the link for more info on NERAASA, and to register: <https://www.neraasa.org/>

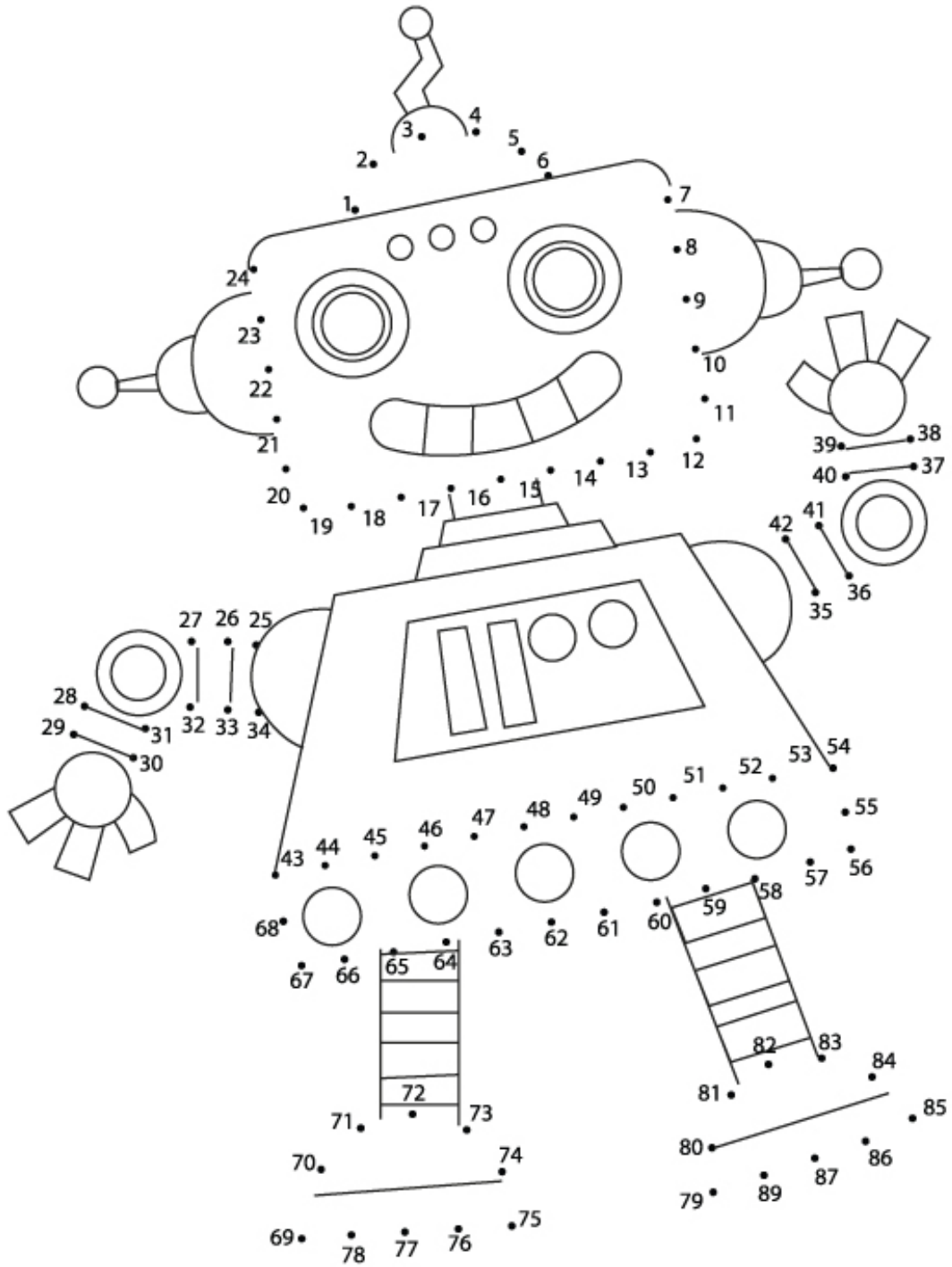
I hope you get to experience your own AA conference soon!

In service,  
Avi S, Secretary  
[secretary@aaemass.org](mailto:secretary@aaemass.org)



## BRAIN TEASER

Can you connect the dots?



## COMMITTEE MEETINGS IN AREA 30

Many Committee Meetings convene virtually. Please see the Area Calendar at [aaemass.org](http://aaemass.org) or contact Committee Chairs to inquire about location, format, and possible time changes. All are welcome to attend.

**General Service Area Committee** – [chair@aaemass.org](mailto:chair@aaemass.org)

8:00pm – 4<sup>th</sup> Wednesday of the month

**Note:** 3<sup>rd</sup> Wednesday in November & December

**Accessibilities Committee** – [accessibilities@aaemass.org](mailto:accessibilities@aaemass.org)

6:30pm - 3<sup>rd</sup> Wednesday of the month

*Some alcoholics experience barriers to participating in AA due to cultural, geographic, mental, physical, or social factors, or other reasons. This committee is working toward a future where all who want to participate in AA meetings (and other AA services) in Eastern Massachusetts are in fact able to fully participate.*



**Archives Committee** – [archives@aaemass.org](mailto:archives@aaemass.org)

7:00pm – 3<sup>rd</sup> Thursday of the month

*The Archives Committee is charged with collecting, preserving and presenting materials of historical interest to Alcoholics Anonymous. We invite you to join us as we continue our efforts to discover and celebrate the history of AA in Eastern Massachusetts.*

**CPC Committee** – [cpc@aaemass.org](mailto:cpc@aaemass.org)

7:00pm – 2<sup>nd</sup> Thursday of the month

*Members of C.P.C. committees inform professionals and future professionals about A.A. — what we are, where we are, what we can do, and what we cannot do. They attempt to establish better communication between A.A.s and professionals, and to find simple, effective ways of cooperating without affiliating.*

**Joint Correctional Facilities Committee** – [corrections@aaemass.org](mailto:corrections@aaemass.org)

7:00pm – 4<sup>th</sup> Thursday of the month

*Responsibilities include working with the correctional facilities in Area 30 to assist in bringing the AA message behind the walls. We currently offer a service helping inmates who are being released from prison connect with AA members in their communities called the Prerelease Contact Program. AA's who are interested in corresponding with an inmate by mail or being included on a 12-step call list to serve as contact points for those getting out of prison should contact Boston Central Service for particulars.*

**Grapevine Committee** – [grapevine@aaemass.org](mailto:grapevine@aaemass.org)

7:00pm – 1<sup>st</sup> Wednesday of the month

*One of the Grapevine Committee's primary goals is to let the people and their groups in Area 30 know all we can about our "meeting in print." Like our meetings, the monthly Grapevine magazine is as diverse as each of us. Its 64 pages, written by friends and members of AA, have become the voice of AA today. Through the Grapevine, members share their Experience, Strength, and Hope, always striving to carry the message of Recovery -Unity - Service to all who read it.*



## COMMITTEE MEETINGS IN AREA 30 (cont.)

### **Literature Committee – [literature@aaemass.org](mailto:literature@aaemass.org)**

7:00pm – 1<sup>st</sup> Monday of the month

*In addition to our committee's purpose and goals listed on the CONTACTS page of this website, we use the time at our meeting to review current conference-approved and locally developed literature in order to be able to let the membership know what is available and to assure that the message is consistent with the principles of our Steps and Traditions. We answer inquiries requesting information on various topics and provide possible sources of information. Our goal is to inform the membership of the tools available for our own recovery as well as to carry the message to others.*

### **Joint Public Information Committee – [pi@aaemass.org](mailto:pi@aaemass.org)**

7:00pm – 1<sup>st</sup> Thursday of the month

*Public Information (P.I.) in Alcoholics Anonymous means carrying the message of recovery to the still-suffering alcoholic by informing the general public about the A.A. program. We carry the message by getting in touch with the media, schools, industry, and other organizations which can report on the nature and purpose of A.A. and what it can do for alcoholics.*

### **Joint Treatment Facilities Committee – [treatment@aaemass.org](mailto:treatment@aaemass.org)**

7:00pm – 3<sup>rd</sup> Friday of the month

*The purpose of the committee is to coordinate the work of individual AA members and groups who are interested in carrying our message of recovery to alcoholics in treatment facilities, and to set up means of "Bridging the Gap" from the facility to the larger community. The JTFC provides information about AA as well as literature and guidelines for setting up AA meetings in treatment and outpatient facilities. Its objective to make sure all treatment facilities wanting AA meetings to participate is serviced.*

### **Technology Committee – [technology@aaemass.org](mailto:technology@aaemass.org)**

7:00pm – 1<sup>st</sup> Tuesday of the month

*This committee currently meets jointly with the Website Committee.*

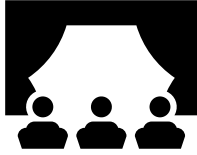
### **Website Committee – [website@aaemass.org](mailto:website@aaemass.org)**

7:00pm – 1<sup>st</sup> Tuesday of the month

*This committee maintains the Area 30 website per assembly action and develops recommendations on the future maintenance of the site. This committee currently meets jointly with the Technology Committee.*

**Joint Committees:** In the spirit of cooperation, the Boston Central Service Committee and the Eastern Massachusetts General Service Committee (Area 30) work together on these committees whose purposes are to carry the message of experience, strength, and hope to those who may be interested in Alcoholics Anonymous.

## ROAD SHOWS



The Area Committee is available to speak at your commitment meeting! While we cannot reciprocate with an outgoing commitment for your group, we would love to visit your speaker meeting and share our experience, strength, and hope. If you think your group would like an Area 30 Road Show, please contact our Area Alternate Chair at [altchair@aaemass.org](mailto:altchair@aaemass.org).

## HERE BY POPULAR DEMAND: A PLACE FOR NOTES

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The Area 30 newsletter, *The Messenger*, is published five times a year. It is available at all Area Assemblies and through the service structure at the many, varied committee meetings, schedules for which are found in this edition and posted on [aaemass.org](http://aaemass.org). *The Messenger* contains news, stories, and special events going on in Eastern Massachusetts. Suggestions and submissions are welcome and may be emailed to [messenger@aaemass.org](mailto:messenger@aaemass.org). Please include your confidential contact information.