Reflections from our Current Delegate

Hello all and thank you for these last almost 2 years. Your support and encouragement and love have held me aloft and filled me up! My love for Alcoholics Anonymous has increased, if that is even possible. The two years flew by in an instant! A new panel is about to be rotated in and new work will commence. This is all the beauty of Alcoholics Anonymous.

I am grateful to have served on the Conference Literature Committee! We approved a new edition, the 5th, of the Big Book-Alcoholics Anonymous, due to be available in February. Over 2,000 story submissions were made, eventually 26 new stories are being added to the new edition. And I got to read 50 new stories last summer and pic my top 10. What a thrill! Some stories made me cry and with some I laughed. But it is the identification that keeps us nodding our heads and sharing at meetings and one-on-one.

The updated pamphlet, Indigenous People in AA was created. Updates to the Sponsorship pamphlet were made, to include guidance on sponsoring people with neurodivergence. This year AA purchased the EvcerythingAA.com app. And the General Service Office and other offices are now all on the same floor at Riverside Drive. If you haven't yet been to the Friday meeting at the office, I highly recommend it!

Thank you all for all you do for Alcoholics Anonymous. The visits to the Districts and Intergroups were a highlight of these 2 years. Our sharing, learning about the service structure and confronting issues has been a learning experience for me. I deeply appreciate Your knowledge and your sharing with me.

Thank you Thank you. Mary Jane

From an Interested A.A.

My name is Mark L. My Home Group is "We Are Not All There" appropriately named. My sobriety date is 7-7-2007. I am an Interested AA. Because of the spirt of rotation, I have held many positions in the AA Service Structure starting with my first home group's GSR{General Service Representative}, District 6 DCM {District Committee Member}, Area 30 Alt Literature and Area 30 Literature Chair. I enjoyed every position I held. In 2020 I stepped down due to personal reasons and of course Covid. I did attend Some Zoom meetings and shortly thereafter Groups started opening up and I joined my present home group and became the Bookie, Greeter/ coffee maker.

I love AA and all its many ways of recovery from this fatal disease. Since I've been coming back to Area I attended the Assembly in May 2026, that's more than 5 years ago since my last assembly. What a great feeling it was seeing many familiar people still carrying The Message of Alcoholics Anonymous that Bill W. & Dr Bob started those many years ago.

This August I attended the Workshop Assembly and expressed interest in standing for the Alt Messenger chair. I met with the current Messenger Chair Karen M. and she suggested I attend the next Election Assembly in November and go from there.

Also I will be attending the Mass State Convention in Marlborough on November 6th-8th and hope to see many new and old faces. I'll be wearing my Name Tag so if you see me walking around don't be afraid to come up to me and share some of your ESH.

Yours in Love and Service,
Mark L.

Area 30 Committees

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

- **Technology Committee- technology@aaemass.org**
  Meets virtually on the first Tuesday of the month at 8pm
  Join online:
  Zoom ID - 860 3648 7993
  Passcode - 061543

- **Archives Committee- archives@aaemass.org**
  Meets virtually on the 3rd Tuesday of the month at 730pm
  Join online:
  Zoom ID - 880 6621 2805
  Passcode - 740809

- **Literature Committee- literature@aaemass.org**
  Meets virtually on the the 1st Monday of the Month at 7PM
  Join online:
  Zoom ID - 864 3440 1757
  Passcode - AA30

- **Website Committee- website@aaemass.org**
  Meets virtually. Please refer to the Area 30 calendar for more details.
  Join online:
  Zoom ID - 860 3648 7993
  Passcode - 061543

- **Joint Treatment Facilities Committee- treatment@aaemass.org**
  Meets virtually on the 3rd Friday of the month at 7pm
  Join online:
  Zoom ID -829 7226 6742
  Passcode - 659976

- **General Service Area Committee- chair@aaemass.org**
  Bi-Monthly Meeting of the Area 30 Committee meets every 4th Wednesday 8:00PM at IBEW Local 103, 256 Freeport St #1, Dorchester, MA 02122
  Join online:
  Zoom ID - 890 9135 8415
  Passcode - 356288

- **Accessibilities Committee- accessibilities@aaemass.org**
  Meets virtually on the 3rd Monday of the month at 730pm
  Join online:
  Zoom ID - 858 5167 5000
  Passcode - 883229

- **CPC Committee- cpc@aaemass.org**
  Meets hybrid on the 2nd Thursday of the month at 7pm
  Join online:
  Zoom ID - 852 4702 8781
  Passcode- 573219
  In person:
  Boston Central Service
  12 Channel St., Suite 604, Boston, MA

- **Joint Correctional Facilities Committee- corrections@aaemass.org**
  Meets virtually on the 4th Thursday of the month at 7pm
  Join online:
  Zoom ID - 850 8064 9068
  Passcode - 872145

- **Joint Public Information Committee- pi@aaemass.org**
  Meets virtually on the first Thursday of the month at 7pm
  Join online:
  Zoom ID - 842 3256 3150
  Passcode - 819833

- **Grapevine Committee- grapevine@aaemass.org**
  Meets online on the 1st Wednesday of the month at 7pm
  Join online:
  Zoom ID - 832 4305 4085
  Passcode - 816800

NOVEMBER 2026

Area 30 Alcoholics Anonymous General Service Committee of Eastern Massachusetts

THE MESSENGER

IN THIS ISSUE:

- TRADITION OF THE MONTH (11)
- AS BILL SEES IT QUOTE
- A.A. TRIVIA
- FROM AN INTERESTED A.A.
- INTERVIEW WITH PAST DELEGATE; KEN T.
- REFLECTIONS FROM OUR CURRENT AREA 30 CHAIR
- REFLECTIONS FROM OUR CURRENT DELEGATE
- UPCOMING COMMITTEE MEETINGS

Love + Rationality = Growth

"It seems to me that the primary object of any human being is to grow, as God intended, that being the nature of all growing things.

"Our search must be for what reality we can find, which includes the best definition and feeling oflove that we can acquire. If the capability ofloving is in the human being, then it must surely be in his Creator.

"Theology helps me in that many of its concepts cause me to believe and I live in a rationaluniverse under a loving God, and that my own irrationality can be chipped away, little by little. This is, I suppose, the process of growth for which we are intended."

Ref.: Letter 1958
As Bill Sees It PG. 294

- **Tradition of the month- Tradition 11**

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

Long Form: Our relations with the general public should be characterized by personal anonymity.

We think A.A. ought to avoid sensational advertising. Our names and pictures as A.A. members ought not be broadcast, filmed, or publicly printed. Our public relations should be guided by the principle of attraction rather than promotion. There is never need to praise ourselves. We feel it better to let our friends recommend us.

- **AA Big Book Trivia**

Each day, somewhere in the world, recovery begins when one alcoholic talks with another alcoholic sharing what?

A) Reading from the Big Book
B) Their working of the 12 steps
C) Experience, strength and hope

(see last page for answer)

Interview with a Past Delegate; Ken T.

At the age of two, Ken T. was introduced to alcohol (so he was told) by emptying and drinking leftover drinks resulting in his hospitalization. For the next eighteen years, he did not go near alcohol even though it was readily available. Instead he used non-conference approved materials. But in college, a girl he was with was drinking directly from a bottle of Tango and passed him the bottle. He took a couple of shots. This began his alcohol love affair. He began missing classes and failed out of college. He ended up getting a job, got married and had 2 children. His job was in the computer field, which did hold some interest. But his main incentive to work was to get money to drink with. Alcohol controlled his life. He did not participate in the marriage or family. When not drinking, his wife referred to him as a miserable bastard. The marriage was reduced to a "script". The drinking caused bleeding in his stomach. He was hospitalized and they didn't know if he would die or not. He swore off booze forever.

Five weeks later in a bar he decided that White Russians had milk in them, so they would be okay to drink. He was pulled over several times culminating in a DWI and an arrest in New Hampshire. His license in Mass was suspended, but he told no one. He had to call his wife at 3:00 in the morning to get him out of jail and if looks could kill he would be dead. He was able to get away with a lesser charge due to a Registry admin technicality. He had to get driven to work by his wife or a neighbor. Sometimes he would have the neighbor drop him at a bar, telling him he had to meet friends, but he had no friends. One time he walked 4 ½ hours to get to a bar in Tyngsboro. Meanwhile he was attending mandated alcohol awareness classes and AA meetings. His wife threatened to leave him, and he knew she meant it as it was the first time in a long time that she spoke "off script". He was ready to admit he might have a problem. He went to a meeting in Townsend and the long-time greeter put out his hand and pulled him in. He got a 24-hour chip. He left the meeting with hope. He heard his story there. The speaker shared about thinking they would die, but they didn't.

He started going to other meetings and people would ask him how he was doing. He'd gruffly respond that he was fine. He kept on coming. At three months he became speaker bait. He recognized that the people who made it were the ones who were active in the program. One and a half years in he became a GSR (General Service Rep) and went to his first District meeting. There someone told him he had to go to the Area assembly in Worcester, and he believed him so he went. With all the acronyms used he had no clue what was going on. But it made him feel good to be there, so he kept on going. Meanwhile, AA people and his therapist asked him if he was doing the steps. At a district meeting he met the man who would become his sponsor. He started the steps. He liked being in the rooms with other people who loved AA. The following year he stood for DCM (District Committee Member) and was elected. He attended his first NERAASA (Northeast Regional AA Service Assembly) in NY and was blown away. He has not missed one since.

Interview continued...

When his DCM term was ending, he decided to make himself available to chair an area committee. Instead, he stood for secretary and his name was drawn out of the hat which happens when candidates do not have the required percentage of votes to be elected. He spent the next 2 years taking/producing minutes and learned how the rest of the area interacted with each other. Next, he was elected as Alternate Area Chair. He became familiar with Robert's Rules and learned firsthand what an Area Chair does. Finally, he became Area Chair, one of the toughest jobs in AA. He endeavored to support Area discussion, making sure that everyone was heard so that the best decisions for the Area were made. He was then elected as Alternate Delegate where he could sit back and watch how the conference operated. When he made the decision to stand for Delegate, he knew what to expect. At the Conference, the chair of his committee, a man he admired, Mark E., had worn a bowtie every day. Ken decided to honor him and has worn his signature bowtie in all his subsequent service positions. He credits his prior service positions for providing him with the necessary skills to feel comfortable in the service journey as well as in his personal life such as Cubmaster for his sons. He was now an active part of society.

Ken's next service and current position, N.E. Regional Trustee, was inspired by every year by attending NERD (Northeast Regional Delegates Weekend). Becoming secretary/treasurer of NERD enabled him to come to know many past and current delegates from the region. When he stood, it was with low expectation as the outgoing Trustee (Francis) was also from Area 30 and he felt it unlikely the position would go to another Area 30 servant. . He was floored when Francis called him at his home office and told him he was elected! His first thought was now what? The service manual was good at describing the job, but he knew that until you were in a position it didn't mean anything. Starting his term with the controversy on the board at that time was a challenge. His view was broadened by trustees all over the U.S. and Canada. He learned there was no need to be rigid, that everyone does things differently and in a manner that works for them. It was a matter of listening to discussions, listening to the minority opinions, and whether it was his opinion prevailing or not, to accept the 2/3 decision as higher power's. Unless the group was running off a cliff it was not his place to judge other people's decisions. It was his job to acknowledge that the process prevailed and deserved his support.

Ken reflects that as Bill shared on change; we need to be open to flexibility. That is why Ken so enjoyed Conference as a forum that spent hours in discussion prior to arriving at group conscience. As N.E. Regional Trustee he learned that the Class A Trustee's (non-alcoholics) were experts in their fields. Class B Trustees were all just drunks and whoever follows him as Trustee will be supporting them. Titles are only on badges. If the person who is supposed to be opening a meeting isn't there what happens? Another person opens it. Overall, Ken learned to keep recovery first. Service meetings are not recovery meetings. Be sure of your own sobriety first. Then if you have time available, trust
what you are doing. You will learn on the job.

Reflections from our Current Area 30 Chair

As this year begins to end, I have found myself reflecting on what an incredible honor and privilege it has been to serve Area 30 as Chair. More than anything, I am filled with gratitude.

We were fortunate to have an amazing panel of trusted servants who brought energy, thoughtfulness, experience, and a genuine love for Alcoholics Anonymous to everything we did. The work has been constant, and at times challenging, but it has also been incredibly fulfilling. Together, we accomplished a great deal. We modernized The Messenger, strengthened and expanded our communication tools, and continued the work of modernizing and revamping our Area 30 website. We transformed our Post-Conference Assembly into a Gratitude Breakfast, giving us another opportunity not only to hear from our Delegate but also to celebrate the spirit of service that makes Area 30 so special. We made thoughtful adjustments to our budgeting process and had meaningful discussions at Area meetings and Assemblies about the issues facing Area 30 and how we can best fulfill our primary purpose and carry the message to the alcoholic who still suffers.

We welcomed and engaged new members in General Service. We completed the work of reimagining our Area Handbook, which will go before the Assembly for approval in January. We sent members to regional events so they could become more informed, gather valuable information and experience, and bring that back to Area 30. We also made a conscious effort to put our resources to work. Excess funds were reinvested into a variety of service projects. Countless pieces of literature were distributed. Speaking commitments were filled. Members showed up in communities, institutions, meetings, and service settings throughout Eastern Massachusetts and carried the message in every way we know how. Area 30 paid its fair share for our Delegate to participate in the General Service Conference, and we continued to financially support important initiatives throughout our General Service structure.

When I look back on the year, however, what stays with me most is not any single project, motion, event, or accomplishment. It is the people. It is watching members step into service for the first time. It is seeing long time trusted servants continue to give freely of their experience. It is the thoughtful conversations, the disagreements handled with love, the laughter, the long meetings, the early mornings, the phone calls, the emails, and the countless small acts of service that most people will never see.

General Service is not always glitz and glamour. In fact, it rarely is. But service has kept me sober, connected me more deeply to our Fellowship, and filled my cup with an immense sense of gratitude for just how incredible Alcoholics Anonymous truly is.

I am extremely grateful to everyone who trusted me with the opportunity to serve as Chair and to everyone who walked alongside me throughout this journey. Whatever we accomplished, we accomplished together.

I look forward to continuing this journey with all of you, wherever service may take us
next.
In love and service,
Joe R.
Area 30 Chair

AA Big Book Trivia Answer

C) Experience, strength and hope
Big Book, pg. xx (11), paragraph 4, line 3