



Area 30

Alcoholics Anonymous
General Service Committee
of Eastern Massachusetts



THE MESSENGER

“A.A. Comes of Age 2.0: Unified in Love and Service.”

Theme of the 72nd General Service Conference

Volume 44, Issue 1
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MESSAGE FROM THE EDITOR

Happy New Year Area 30!

I’m looking forward to a time when we can gather in person safely for an assembly but am grateful to be able to distribute this newsletter digitally while we are still remote.

In this issue we’ve got some interesting news from our General Service Office about an important change in how to send in our 7th tradition contributions; and an article about the new aa.org website. Interesting stuff!

We also have a heartfelt and thoughtful message from our Area Chair, Suzanne.

One of the things I’m most excited about is our new Service Manual! As my dear friend Catherine RM pointed out, it has tab markers on the side to help navigate the book! If you are a service nerd too, you’ll be just as thrilled as we are about this simple update. I don’t know about you, but I can’t wait to dig into it and read the updates to the content. I see some study groups in our future!

As we kick off a new year of service in Area 30 I’m sure we have a number of new folks joining us. If you are new to service in Area 30, be sure to check out the section on our various committees. They all do great work which you can be a part of!

As always, if you have content to share please send it to Messenger@aaemass.org.

In love & service,
Carlene J.
Area 30 Messenger Chair/Editor

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News from our General Service Office Regarding the new aa.org website

G.S.O. coordinates many services that help groups and members fulfill their purpose of carrying the A.A. message to the alcoholic who still suffers, and aa.org plays an important role in that work.

The new website will serve as a significant resource for A.A. members, those seeking help from A.A., professionals working with alcoholics, the media, and the public at large. Above all, it will provide consistent information about Alcoholics Anonymous.

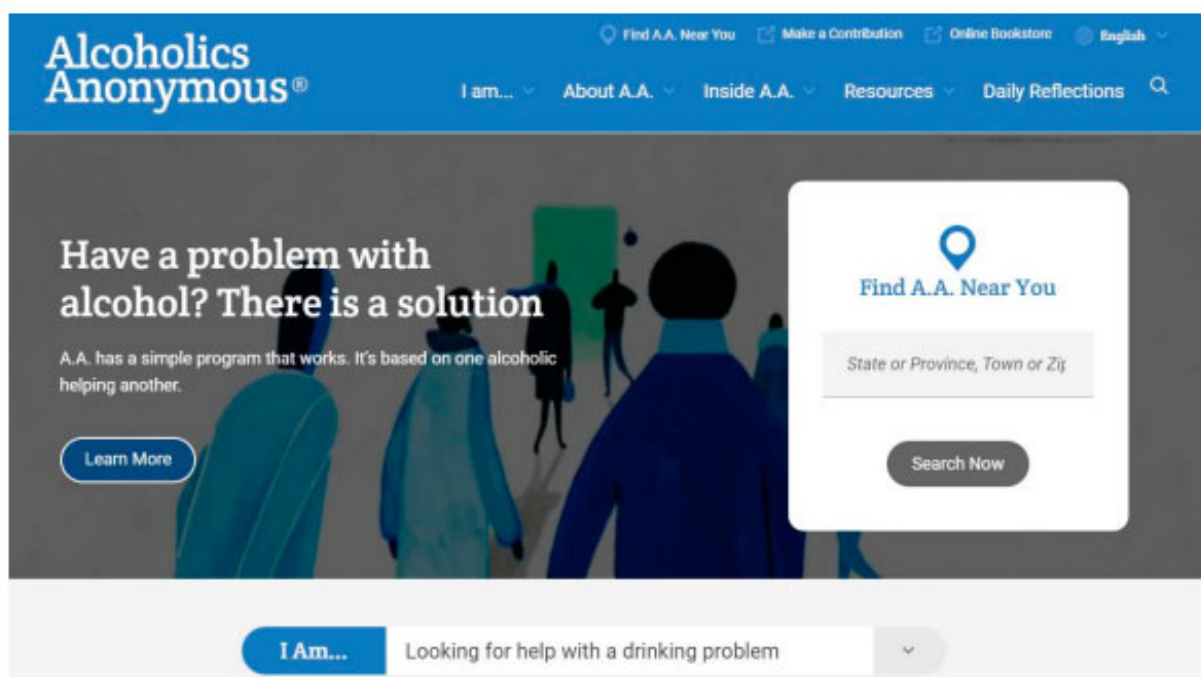
The new website has an updated, clean visual style and structure for each page, with an improved mobile-friendly design.

GSO has moved from an outdated custom-coded website to one that is easier to manage by staff has improved content labelling, filters, and descriptions to provide a simpler and more reliable search function for those visiting the website.

The visual improvements are based on Website Content Accessibility Guidelines (WCAG), which support the font and color choices across the website. It was determined that the use of mega menus, i.e., drop-down menus with multi-level expansion, are a necessity because the website has a great amount of content. This revised structure allows information to be more readily available and accessible from every page. Also included are improvements for assistive technology standards.

The “Contact Us” area provides clear paths for sharing feedback on the website. In addition, for those seeking shared experience or answers to specific questions, there are better options on finding the right person or department to which to send a request.

As with any new service that is launched, GSO will continually seek to update and make enhancements to the website both from internally directed actions in its short- and long-term strategies, as well as from the feedback they receive. Please email your thoughtful feedback and loving appraisal along with any questions directly to websiteservices@aa.org.



MESSAGE FROM THE CHAIR

Happy New Year! I spent the last four months of 2021 looking forward to having an in-person assembly in January and I am very disappointed that we were unable to do this. Our goal is to have our Pre-Conference Assembly on April 11, 2022 in Peabody with the assistance of District 18 and 19.

It is often said in service that you don't feel totally comfortable with a job until you are ready to rotate out. We are halfway through this panel and I agree with this statement. As the Chair of Area 30, I have found how little I know, even as we head into year two. As most in Area 30 know, one of my biggest fears each assembly has been the use of Roberts Rules for motion practice. 12 months in – still there! I hope the next 12 months will lock that down. I ask that you continue to have patience with me as I gain this experience. I am fortunate that I was taught very early on in sobriety that if I remain teachable rather than always trying to be the teacher, the better off I am.

I learned this year that even in service, first and foremost, I am an alcoholic. I need to always be practicing the 12 recovery principles. Having a knowledge of these principles is one thing, application of them is something very different. Keeping my higher power with me at each area meeting, subcommittee meeting and assembly has been key. Attempting to practice patience, love and tolerance has been very interesting. Interesting because I have actually had to do it, not just talk about it. I've had to learn to listen and take my own opinion out of it. In my endeavor to remain impartial, I was forced to fine tune my listening skills. It's really a very interesting experience. As you have all seen, I don't always do it perfectly. As I conducted many 10th steps this past year, I was very careful to watch for resentment, dishonesty, and fear. Hopefully I have not harmed anyone that I have not already made an amend. There have been a couple of those this year. I have a sponsor who talks a lot about living a life filled with love and kindness. That really is my goal.

Why do I write about all of this? Because this is me. This is who I am. I may be the Chair of Area 30, however, first and foremost I am Suzanne, and I am an alcoholic and a member of the Allston-Brighton Tuesday night meeting. I am a proud Mum of two grown children. I work for a company that I appreciate and who appreciates me. All of these I have because of being sober and learning to apply our 12 steps of recovery in my life. I love Alcoholics Anonymous, and love being involved in service. I loved being a coffee maker, a YPAA, a telephone answerer at Central Service and being a sponsor. Every service I have performed has taught me something different. Service comes in many forms, and I believe that just occupying a seat in a meeting is service to the new person walking in the door seeing someone in that seat.

I am amazed watching the service of all of you this past year to Alcoholics Anonymous. To all the GSR's, Interested AA's, and Area Committee members, thank you for letting me be of service and helping me learn so much. I could not have gotten through this last year without the many Past Delegates who also sat in this seat. Their leadership and support have saved me many times this first year and I have learned so much from their experience. I look forward to seeing the work we do together as an Area in the second half of this panel to help carry the message to the sick and suffering alcoholic.

In love and service,

Suzanne S.
Area 30 Chairperson

Meet One of A.A.'s Nonalcoholic Trustees



Dr. Al J. Mooney, of Cary, North Carolina, [is one] one of seven Class A (nonalcoholic) trustees to serve the A.A. Fellowship. Born in 1948 in Statesboro, Georgia, Mooney was the son of a physician/surgeon and a nurse. "I'm a sixth-generation physician," he says. "Going into medicine was what our family did."

As a part of his training while a resident in family medicine at the University of North Carolina at Chapel Hill, Mooney often heard other residents and professors talking about the hopeless nature of working with alcoholics. "One resident in internal medicine suggested that I identify all of the alcoholics in my practice," remembers Mooney, "and then he suggested that I give all of my attention to everyone else because they can't be helped."

Nevertheless, at UNC Mooney also encountered one of his mentors, John Ewing, a professor and a psychiatrist who was the first director of the Bowles Center for Alcohol Studies. At first, Dr. Ewing wanted to believe that problem drinkers could learn to drink safely, but then he realized that A.A.'s approach to abstinence was the only way. Ewing and his team were on the forefront

of research in the causes of alcoholism and seeking treatments and preventions.

Not surprisingly, Mooney built a professional career and practice where he could help alcoholics as a part of the continuum of recovery. "I saw my job as preparing people to get to A.A. through treatment and rehab," he says. "I knew once people got to A.A., the program would take care of them." Over the decades, Mooney became recognized as an expert and leader in the field of addiction medicine. He has worked and been affiliated with multiple institutions, hospitals, and universities.

In 1992, Mooney coauthored and published *The Recovery Book*, which examined the phases of recovery and how the process can take years in terms of an individual fully recovering his/her own sense of self. In addition, Mooney is an inaugural diplomate in the American Board of Addiction Medicine and helped to establish the certification standards for the specialty in the U.S. while serving on the ASAM board. Mooney is still involved with the establishment of recovery programs — twelve-step and professional — internationally, including in Egypt, Bosnia, Ghana and the United Kingdom.

In early March of this year, a groundbreaking scientific study was published by the Cochrane Library, an organization known for its scientific analyses. This landmark study supported the fact that A.A. works as well as or better than other scientifically proven treatments for alcohol addiction. The new review, which looked at 27 studies involving nearly 11,000 participants, also builds upon a previous study conducted by Cochrane. "Finally, with the publication of this study, we can be on the same team with everyone else. This is a wonderful milestone in science," comments Mooney, "but we have a long way to go."

Reprinted from: **About AA: A NEWSLETTER FOR PROFESSIONALS**

UPDATES FROM YPAA

NECYPAA: New England Conference of Young People in AA

The New England Conference of Young Peoples in Alcoholics Anonymous was held in Sturbridge Massachusetts over NYE Weekend, this was a fantastic event filled with Love & Laughter! We hope that you consider joining us at future YPAA events. Visit www.NECYPAA.org for more info! We will see you at NECYPAA in Connecticut in 2022!

In Fellowship,
Mike W., NECYPAA Advisory

MSYCPAA: Massachusetts Conference of Young People in AA MYSCYPAA 2022



Visit www.MSYCPAA.com to register!

ICYPAA: International Conference of Young People in AA ICYPAA 2022



NEW LITERATURE!

Now available: 2021-2023 [A.A. Service Manual/Twelve Concepts for World Services](#)

Think of it like a literature happy hour: Two for the price of one!

This single volume contains two important (and updated!) pieces of AA literature: In the first section, the A.A. Service Manual, you will find a history of A.A. services, an explanation of the General Service Conference structure, and more. In the second section, the Twelve Concepts for World Services, you will find an interpretation of A.A.'s service structure as it emerged through A.A.'s early history.

To obtain a copy, visit aaboston.org or contact the [Area 30 Service Seminar Chair](#).



THANK YOU to all who attended our very 1st virtual Mass State Convention which was held on Nov. 13-14, 2021. It was a fun filled weekend with young & old speakers, ongoing meetings going through the 12 Steps, a fun-filled Jeopardy game, and so much more. I hope you all enjoyed it and we'll see you next November in Sturbridge. Be sure to attend the January 25th 7pm planning meeting at The Sturbridge Host to be a part of the 58th Mass State Convention!

Yours in Love & Service,
Jean K.
57th Mass State Convention Chair

Seventh Tradition News from GSO

Reprinted from Box 459 Winter 2021 issue

For decades, all correspondence to G.S.O., including our contributions, have been sent to Box 459, Grand Central Station, New York, NY 10163. Over the years, Box 459 became such an integral part of A.A. that we named [our] newsletter after it. Now, your office and board are excited to announce that we are embracing a new method of processing our Seventh Tradition contributions that will reduce costs, ultimately allowing for more investment in services to members and groups. To this end, we are excited to announce that a separate post office box has been established for Seventh Tradition contributions only.

This change will enable us to process contributions much more efficiently and at a significant savings to the Fellowship. Effective immediately, please send contribution checks to: **Post Office Box 2407 James A Farley Station New York, NY 10116-2407** For more information, please contact our Member Services team at memberservices@aa.org or 212-870-3023.

COMMITTEE MEETINGS IN AREA 30

Most Committee Meetings are still meeting virtually. Please see the Area Calendar at aaemass.org or contact Committee Chairs to inquire about virtual vs. in person meetings and to confirm date/time of meetings in case of any changes!

We welcome anyone with an interest!

General Service Area Committee – chair@aaemass.org

8pm - 4th Wednesday of the month **Note:** 3rd Wednesday in November & December

Accessibilities Committee – accessibilities@aaemass.org

6:30pm - 3rd 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

7:30pm – 3rd Tuesday 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

7:00pm – 2nd 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

7:00pm – 4th 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

1:00pm – 4th Sunday 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.

Literature Committee – literature@aaemass.org

7:00pm – 1st 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

7:00pm – 1st 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

7:00pm – 3rd 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.

Website Committee – website@aaemass.org

7:00pm – 1st Wednesday of the month

This committee maintains the Area 30 web site per assembly action and develops recommendations on the future maintenance of the site. This committee is also currently functioning as the “tech team” and handling a tremendous amount of other tech related activities during the pandemic such as our virtual assemblies and area meetings.

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.



Declaration of Unity

This we owe to A.A.'s future: To place our common welfare first; to keep our fellowship united. For on A.A. unity depend our lives and the lives of those to come.

Declaration of the 35th Anniversary International Convention, 1970, Miami, Florida

➤ **Massachusetts State Convention 2022**

The first planning meeting for the 58th Massachusetts State Convention will be taking place TUESDAY, JANUARY 25, 2022 AT 7 PM at The Sturbridge Host Hotel. The MA State Convention is a joint venture with the Area 31(Western Mass) General Service Committee and will be chaired by Paul H., Immediate Past Delegate Area 31. There are many fun and interesting service opportunities, so be sure to attend and participate! Check the Area 30 Calendar or join the Facebook page for more info: www.facebook.com/groups/MASTATECONVENTION.

➤ **NERAASA 2022**

NERAASA 2022 is being hosted by Area 60, Western Pennsylvania. It will be held February 25-27, 2022 in Pittsburgh, PA – and, at this point in time, will be IN PERSON! Register and learn more at www.NERAASA.org.

➤ **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.

➤ **Service Seminar**

If your group or district is interested in an outreach, or conducting a group conscience or inventory, please contact our Service Seminar chair at serviceseminar@aaemass.org.

➤ **Upcoming Assemblies**

Mark your calendars so you don't miss out on the fun!

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|--------------------|--------------------------|
| April 10, 2022 | Pre-Conference Assembly |
| May 15, 2022 | Post Conference Assembly |
| September 11, 2022 | Workshop Assembly |
| November 6, 2022 | Election Assembly |

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. *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. Please include your confidential contact information.