



The Tributary

Publication of Area 76 Alcoholics Anonymous
Serving the entire area of Wyoming

Tributary Back in Publication

By Deneen R., Area 76 Tributary Chair and Editor

Special Interest Articles:

- Tributary makes a comeback
- General Service Conference selects theme of "Communication and Participation – The Key to Unity and Self-Support"

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Welcome to the first issue of the newly resurrected publication for Area 76.

I am happy to assist in bringing you this publication. Hopefully it will evolve into a useful communication tool for everyone in the area. It would also be nice to have it be a true representation of the fellowship in our area.

I am an alcoholic who owes her life to AA. The legacy of service within AA has always fascinated me and I have held various service positions over the years. How I became involved with the Tributary was for the past few years I would sit at the area assemblies and say to myself, "Gee, it's too bad the Tributary isn't being published. Someone should take on that job," I then decided if the Tributary was that important to me, why didn't I take it on?

My goal is to meet with a committee at the upcoming area assembly and hash out the intended mission of The Tributary. There seems to be some

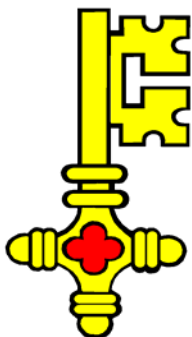
confusion about the purpose of the Tributary. Some people believe it should be a publication dedicated to the service legacy within Area 76 AA. Others have visions of a regional Grapevine format. I would like to get common interest articles for our fellowship and regular anticipated features such as forums on the traditions and other subjects important to the fellowship. Obviously, this would be a place where information regarding service in our area would be placed so that everyone would have a chance to know what is going on within the area.

Feel free to contact me with your ideas, suggestions, and submissions for upcoming Tributary issues

neened68@hotmail.com

or

<mailto:area766@area76wyaa.org>



Communication and Participation – The Key to Unity and Self Support

The 58th General Service Conference will be held in New York City, New York from April 27 to May 3, 2008 and has as its theme, "Communication and Participation – The Key to Unity and Self-Support." An estimated 1,300,000 A.A. members in 58,000 groups across the United States and Canada are represented by 93 delegates at the General Service Conference, which results in Conference Advisory Actions and produces Conference-approved literature for A.A. as a whole.

Delegate's Report

A Declaration of Unity...

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

"And while opinions seem to vary considerably on any given topic, what remains constant seems to be the passion and love for AA that underlies it all." Brooke C

I Am Responsible...

When anyone, anywhere reaches out for help, I want the hand of A.A. always to be there.

And for that: I am responsible.

I'm Brooke, alcoholic. My home group is the Keep It Simple Group in Sheridan. I am currently serving as your Area 76 Delegate, and for this opportunity to serve, I would like to thank you all.

As I write this, I still have a very full heart and an equally full head from attending the West Central Regional AA Service Conference held in Fargo, ND. Our Region includes Wyoming, Montana, South Dakota, North Dakota, Iowa, and the two Areas of Minnesota. Up towards 300 people were in attendance including all the Areas' Delegates, many Alternates and past Delegates, Officers and Chairs from Groups, Districts and Areas, as well as folks just showing up 'cuz they wanted to know what was going on or because somebody dragged them to North Dakota.

The Regional Conference is an opportunity to go through each item on the General Service Conference Agenda, learn about its background and get a sense of the Region on the many agenda items. In between Agenda Items, each Area also had presenters that talked about specific topics, and there were also breakout sessions on a variety of topics. Of course, everything is geared toward "Communication and Participation" as this is the theme for 2008.

Now, I can go into great detail about all of the things I learned, about how the Region feels on the agenda items, about the presentations and sharing sessions, neat things that other Areas are doing, or even about the food, the wind chill factor at Fargo or any of the other things that filled my head during that four days. What is difficult is telling you about the things that filled my heart like the meetings between the meetings, the

sense of humility that comes with serving, the humor, the unbounded grace, the magic that happens when one alcoholic shares with another whether it be from the microphone or over in the corner after the speaker.

What I have experienced at all levels, be it Regional, Area all the way up to attending my home group's business meetings, is that there may be many differing opinions on a particular item, but there are no sides in Alcoholics Anonymous. There is only carrying the message to the suffering alcoholic. And while opinions seem to vary considerable on any given topic, what remains constant seems to be the passion and love for AA that underlies it all. At the heart of this is communication and participation. The first thing I have to do is show up, go be part of: take the 12 Step call, go to the meeting, attend District, make that phone call, send that email, write that article for the Tributary. I can share my experience, strength and hope, and listen as others share theirs. That's part of the action I take to be rocketed into that 4th dimension.

What I learned early on still applies: the only meeting you have to go to is the one you don't want to go to. The only business meeting I have to go to is the one I don't want to go to. And the only Assembly I have to go to is the one I don't want to go to. Remember asking, "How long do I have to go to meetings?" Someone answered, "Until you want to." Can't wait to see you all at the Assembly!

By the way, the next West Central Regional AA Service Conference is February of 2009, and we're all very lucky: it's in Casper. Get in the car.

Registrar's Corner

From the desk of the Area 76 Registrar:

Greetings Area 76

Well it is 2008 and the Fellowship New Vision (FNV) program is in full swing. There is a learning curve on my end that I am beginning to understand. The FNV is the group and individual record keeping provided by the General Service Office (GSO) for all 93 Delegate areas in the US and Canada. This system allows registrars to update all Area records immediately. There are some polices and procedures developed by GSO which needs to be adhered too.

Before I get into that let me give everyone a brief history on how this came about. For many years group updates were done via USPS (snail mail). Many groups were not updated regularly for a host of reasons. Here are a couple of predominate reasons I have seen in my length of service to Area 76.

Groups not sending in Group updates (GSR Changes, groups folding, groups moving, etc.)

DCM's not completing requested group update forms (i.e. DCM's don not know a group exists, don't know the GSR, failing to return the updates, etc).

Also the entire process was cumbersome for the delegate and a large expense for GSO. While I was serving as Alternate Delegate a new idea was developed by GSO to help streamline the process. It was the Area Delegate Program. This program used a

software program that could be updated by the delegate or the secretary. The updates were saved on a 3.5 inch floppy disc, and latter a CD, and sent to GSO. This process was not without its own setbacks, i.e. lost mailings, trusted servants being locked out of the program, updates made by area not being reflected by GSO and visa-versa. A new system needed to be developed. With the electronic age there had to be something better. And in 2007 GSO rolled out the FNV website. It came to me with a certificate that I had to load on a computer, a couple of passwords I have to remember and I am connected. Thus when I get updated information I can visit the website and make necessary changes. It is instant when I hit save changes. I can then do a record search and see who has been updated, when the last time a change was made, or save the file or files for sending out names addresses, etc.

This is where polices and procedures come into play. If I an informed of a group that is not in the data base I need some specific information, also the same goes for individuals including GSR's, DCM's and any other position we have within the group, district, area, region or the U.S. and Canada. Without the information the updates will be deleted within a short time by GSO. Here is what I follow for Group.

FNV OPERATIONS UPDATE

ADDING NEW GROUP INFORMATION: □

It is **IMPERATIVE** to perform a database search of groups in your Area before adding a new group to ensure only one group in a particular city/town has a unique group name. There can be only one group by a particular name in one city/town. Close variations of a name are considered the same name and can not be used (*ex: Friday Night Group and Friday Nite Group in Boston, MA*). This only applies to groups in the same city/town. There can multiple groups in the entire Area/district with the same names.

**City/Town refers to the meeting place address not the GSR or Mail Contacts address.*

Number of members in the group (*At year end we derive the approximate number of members in the US/Canada from these numbers. Do not leave this space blank*)

The district the group will be associated with (if known)

Contact information-GSR or Mail contact (*Group records added without a contact will be deleted from the database immediately*)

Indicate the Group contact to receive the mail for the group (*Without a contact on the record once the 30 day pending period expires there will be no one listed to receive the "New Group Kit or continued mailing of Box 459."*)

Indicate if the GSR or Mail contact wants to be listed in the directory

If a group has a phone contact associated with it the phone contact **MUST** be different from the Primary or Secondary contacts. (*Do not list the GSR as GSR and phone contact*)

Phone numbers for the group GSR or Mail Contact (*Group records without a telephone number attached to a GSR or Mail contact will not be published in the regional directories*)

Meeting Information: Location and address of meeting(s), days and times of meetings, whether the meeting is opened or closed as well as any special notes i.e. non-smoking, childcare provided, handicapped accessible, etc.

When a new group is added to FNV by the Area the status is "Pending Active". The next business day GSO's Records department reviews the newly added groups for completeness. If the record is found to be complete the New Group 30 Day Pending period begins. Once the 30 day pending period has expired a New Group kit is sent to the GSR or mail contact on the group record. Newly added groups with GSRs **DO NOT** receive GSR kits.

Naming Convention for Groups:

AA Pamphlet entitled: The AA Group, pgs. 21 and 22 beginning in the paragraph named "Naming an AA Group" states:

No matter how noble the activity or institution, experience has taught A.A. groups to carefully avoid any affiliation with or endorsement of any enterprise outside A.A. Tradition Six: *An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.* Even the appearance of being linked to any organization, club, political or religious institution needs to be avoided.

Therefore, an A.A. group that meets in a correctional facility or a church should take care not to use the institutions name, but to call itself something quite different. This makes it clear that the A.A. group is not affiliated with the hospital, church, prison, treatment facility, or whatever, but simply rents space there for meetings.

Our A.A. group conscience, as voiced by the General Service Conference, has recommended that “family” meetings, “double trouble” and “alcohol and pill” meetings not be listed in A.A. directories. The use of the word “family” might invite confusion with Al-Anon Family groups, a fellowship entirely separate from A.A.It is misleading to hint or give the impression that A.A. solves other problems or knows what to do about drug addiction.

There has also been a recommendation by the A.A. General Service Conference that no A.A. group be named after any actual person, living or dead, A.A. or non-A.A. That is one way we can “place principles before personalities”.

Groups with names that are acronyms such as R.T.F.B. can be used however GSO would like very much to know what the acronym represents.

PLEASE KEEP ADDRESSES CURRENT:

With the increased costs of postage, the expense of resending mail or disposing of returned mail, which can not be forwarded, is skyrocketing at the GSO. An incorrect or incomplete address information i.e. incorrect zip/postal codes, missing apt or suite numbers, moving with no postal forwarding and/or omitting c/o directions, results in late or non-receipt of mail. The above listed are the primary reasons the GSO receives and processes so much returned mail.

ADDING AN INDIVIDUAL TO A POSITION:

The only positions currently supported by the GSO are on the position dropdown list. If the position is not listed it is not supported by the GSO. For individual Area and District needs there are two positions on the drop down list that can house some extraneous positions. For Other Area positions please use the “Area Other” position and for “Other District” positions please use the District Committee Member Other category (this includes Alt DCMs). The key to using these positions is to enter a description in the description field. This will make it easier for Area Registrars to sort, prepare reports and mailing labels.

CHANGING A GROUP'S STATUS:

A few Area Registrars have asked how they can change a group's status from “Active” to Inactive” or vice versa. That is a function of the Records department and can not be done by the Area Record Keeper. Changing a group's status to Active, Inactive or Merged is one of those functions that require the GSO to keep a paper trail for research and archival purposes.

The request to “Inactivate” or to “Reactivate” a group can be e-mailed to [<deleted info for registrars only>](#) or by telephone to the records department [<deleted info for registrars only>](#) or fax [<deleted info for registrars only>](#) or via US mail: AAWS, Attn: Records Department [<deleted info for registrars only>](#).

The Records department “Inactivates” groups two different ways. If a group has a GSR/Alt GSR or Mail contact, a letter verifying the groups desire to be inactivated is sent to the contact on file. We allow 30 days for a response. Depending on the response received we either inactivate the group or allow it to remain as active.

If there is a GSR/Alt GSR or Mail contact on the group record we ask Registrars **not** to remove that contact when requesting a group status changed to “Inactive”.

When requesting to reactivate a group you must provide a group contacts name, address and phone.

If the group requesting to be “Inactivated” does not have a GSR or Mail contact on record we inactivate the group immediately.

Prison groups are also inactivated immediately upon request.

CHANGING A GROUP'S NAME:

Changing the name of a group is another function of the Records department. We keep a paper trail on such requests for research and archival purposes.

The request to change a group name can be sent to [<deleted info for registrars only>](#), or fax [<deleted info for registrars only>](#), or via US mail: AAWS, Attn: [<deleted info for registrars only>](#). Once the research is done to see that there are no other groups by that name in the same city/town (meeting location-town/city) the change is made and will be visible via FNV.

REQUESTING AREA CHANGES: □

Registrars have asked if they can move groups to different areas working with the FNV database. The answer is no.

Registrars only have access to their designated area information. In addition there is some background work that must be done to move groups from Area to Area.

In order to move groups from Area to Area we need authorization from the Delegate in the surrendering area and authorization from the Delegate in the accepting area. We will accept an e-mail from both Delegates and once the authorization is received we will move the groups.

MERGING GROUPS: □

The request to merge two groups is a function of the Records Department. Included in the request to merge should be the service of the group that will remain active, the GSR name, address, phone numbers, meeting information (time, place, city/town) as well as the group that is giving up it's active status and their name, service number, GSR name, address and phone number. The information should be forwarded to [<deleted info for registrars only>](#),

ACCESS TO FNV DATABASE PROGRAM: □

Access to the FNV database is restricted to Area Record Keepers only. Currently there are no plans to allow additional read-only options to other Area position holders i.e. Delegates, Area Chairs, etc...However keep in mind we are just entering phase two of this project and things can change in the future.

CONTACT INFORMATION: □

<deleted info for registrars only>- Technical assistance-Lost password, FNV access, to report a system problem, Export issues.

<deleted info for registrars only>, - Screen content, service numbers, assistance with Area records

<deleted info for registrars only>,

<deleted info for registrars only>, - AA questions and issues in relationship to the FNV database

As you can see, information is important, current information, not guessing, not I think this is it, current and correct information. For example: I was supplied information for a current DCM. I could only update what I had. On February 7th I was emailed by the Records Department the update was being deleted because of a bad mailing address and mail was being returned for the DCM. I did some research and updated the person with what I hope to be current and correct information and the issue will be solved. Another instance, I was given a list of contacts of updated contacts for a district. One of the contacts group was not listed in the FNV program. I updated but disappointingly had them deleted by GSO for no meeting place or times.

Frustrating? Yes. Impossible? NO. This is an important facet of Area business; however it does come with some responsibility. Responsibility at the group, district and Area levels, and all update forms can be downloaded at the AA website (<http://www.aa.org>) or the Area 76 website (<http://www.area76wyaa.org/registrar1.htm>) when I get them to the webmaster. If it is not either place you can contact me either by phone or email (which is best) and I will get the requested form for you.

Well there you have it, my job as it stands. Look hard, not really. A lot of learning, yes, but it only makes my job simpler. Does it come with setbacks, yes; however every group, district, and individual can minimize this by providing correct and current information. It is as simple as a click of a button in today's world. The responsibility falls on you... is your information current? Do you wonder why you have not received your GSR Kit, DCM Kit, New Group Kit? Check with me and we will see if we have you listed with all the correct information!

Respectfully yours in Service,

Don M. Area 76 Registrar

registrararea76@yahoo.com

Secretary's Report

Hi everyone,

My name is Lora and I am an alcoholic. I have the privilege and honor of being your Area 76 Secretary. By the grace of God and the miracle of this program I have not found it necessary to pick up a drink since March 11, 1989. I really look forward to working and learning with everyone. Thank you for allowing me to participate in my own recovery.

In the words of our co-founder Bill W. concept 4 "The Right of Participation" is therefore a corrective of ultimate authority because it mitigates its harshness or misuse. It also encourages us who serve A.A. to accept the necessary disciplines that our several tasks require. We can do this when we are sure that we belong, when the fact of our "participation" assures us that we are truly the "trusted servants" described in A.A. Tradition Two". (Service Manual pg. 21 last paragraph).

When I was a new comer (my 1st week of sobriety), the old timers made me feel a "part of" by giving me the job of opener, coffee maker, fire keeper, ash tray cleaner, toilet scrubber and greeter. I couldn't believe that someone trusted me with a key to the club much less that they believed that I would actually show up. But I did show up, everyday at 11:00am to get the noon meeting set-up. As a result of them helping me become an active member of our group, I stayed sober. It was the first time in my life where I felt like I belonged. I didn't think of a drink or myself while I was thinking about the next poor drunk that walked through the door. I find that this still works for me. I continue to be an active participant in my Home Group, District and Area. My Home Group is the Common Solution Group. We create as many service jobs as we can to help others participate in their recovery.

I thank my Higher Power that no one kicked me out A.A., no one made me conform and no one was my "Ultimate Authority". Those "Old Timers" continue to teach me the meaning of Tradition Two by being examples of "Elder Statesman" and maybe just maybe learning a little more about humility. And for that I am truly grateful. Thank you for allowing me to be your "Trusted Servant".

Yours in Service
Lora D
Area 76 Secretary

Treasurer's Report

Greetings Everyone!

The rotation of Treasurer, at the first of the year, went very well and I would like to thank Dave C. for a job well done and his cooperation and assistance with the transition.

Since that time, I have been busy getting the authorized signers changed on our bank accounts, setting up our financial information on a computer finance program, getting our Area Committee members the necessary seed money for their respective positions and working on getting our 2007 tax information filled out and filed with the IRS.

At the present time, our Area finances are "Fairly Healthy". However, we also have a "Healthy" budget proposal for the coming year. We appreciate the strong support that our Districts and Groups have provided in the past and look forward to your continued support in 2008.

Thank you for the opportunity to serve as your Area Treasurer!

Yours in service,

Allen W.

**Send Area 76
Contributions to:**

**Area Treasurer
811 E 23rd St.
Casper, WY 82601**



Finance/Budget News

THE "Buck-in-the BASKET"

The Seventh Tradition tells us that we have to be self-supporting. This self-support starts with the individual at the group level and continues up through the General Service Office. The individual members 'buck-in-the-basket' serves many purposes starting with taking care of the needs of their Home group. Hopefully each group manages wisely and has a portion left over that can be distributed to their District, Area, and the G.S.O. The pamphlet "Self-Support" gives some broad, basic guidelines as to how this should be accomplished. As with all things in Alcoholics Anonymous these are suggestive only. The group makes the decision on how to distribute funds through its own group conscience.

As with all things good, there is a price. The G.S.O., Area and the Districts need money to carry the voice of the individual member up to the next level and back down.

Area 76 is 'blessed' with individuals, groups and districts that take the obligation of Self-Support seriously. As these obligations are met our Fellowship can more fully meet the needs of the individual member. As the Districts and the Area implement things for their members and the 'alcoholic who still suffers', some how, some way, these must be paid for with money. A lot of we alcoholics remember the days of the 'free ride', it didn't work then and it doesn't work for our Fellowship.

So, 'Please Remember' it starts with 'The Buck-in-the-Basket'. If we, as individual members, remember to do our 'fair share', according to our individual means and abilities, great and wonderful things happen and 'miracles' of recovery will continue.

George S.
Area 76 Finance Chair.

Public Information

Dear Area 76,

I was proud to accept the position of Public Information Chair for Area 76. There have been a couple of direct requests for things needing to be done. One was for a breach of anonymity on a University of Wyoming resource page. I sent an email with about the importance of anonymity for A.A. members at the public level. However, I did not include the Anonymity statement, thinking the person responsible for making the changes wouldn't want to read the whole Anonymity statement. In hind sight, the Anonymity Statement should have been sent with the email regardless. About a week after sending it, I checked the web site and all last names had been removed.

Since November 2007, I have received several Public Information Activity Updates from GSO. Below is a list of the current Activity items and the status for each:

- The P.I./C.P.C. News Exchange: As of January 2008 the Exchange has a new editor.
- A.A. Videos for Young People: Deadline to submit a video is extended to September 1, 2008.
- Third Edition of the Spanish Big Book: Press release- As of March 1, 2008, it is available.
- 2007 A.A. Television Public Service Announcement (TV P.S.A): A sincere thank you to all local committees who worked to place A.A.'s P.S.A "A Force of Nature".

Thank you for the opportunity to serve.

Sincerely,

Dan M.

PI Chair, Area 76

Minutes from the Area 76 Business Assembly **August 3-5, 2007 in Green River, Wyoming**

1. Meeting was opened by Sally W with a moment of silence for those of our members who passed on since the last time we met.

New GSR's and DCM's were asked to stand and introduce themselves.

2. Secretaries Report-Wanda B - read minutes from the last Assembly-approved as read

3. Treasurers Report-Dave C-Report approved as read.

4. Officers Report:

Delegate: Pat M-gave a history of Alcoholics Anonymous

Alt. Delegate: Brooke C

Archives: Dave Mc-archive committee will be looking into other options for storing the Archives material other than his house.

Registrar: Don M-not present

Chairperson: Sally W-Thanked everyone for allowing her the honor of serving Area 76.

5. Assemblies and Conventions Reports:

Winter Assembly-

Spring Convention-

Summer Assembly-

Fall Convention-

6. Area Chairpersons Report:

Archives-Dave B- looking for a different sight to store the Archives material.

Corrections-B.J. C-gave dates for Districts to go into Lusk/Rawlins

CPC-Glen S

Finance/Budget-Tim W-They are going over the Budgets for the Area. 2 questions were brought up. #1 Do we have too much money? #2 what's the stated purpose for the funds?

Grapevine-Irwin B

Guidelines-George S-went over anonymity guidelines.

Literature-Jackie C-not present

Public Information-Melinda R

Web-Site-Michael D-made a whole new web-site. The Area web-site is now with Visionary.

Treatment-Steve M-working on "Bridging the Gap". Steve will be contacting the Treatment Centers in each District.

Tributary-Taunya O-not present

7. District Reports

Dist. 1-Jackie C-not present

Dist. 2-Michael D-

Dist. 3-Gilbert B-

Dist. 4-Wade W-

Dist. 5-Jim B-

Dist. 6-Alan W-
Dist. 7-Rick M-
Dist. 8-Terry S-
Dist. 9-Dale H-not present
Dist. 10-Sharon W-
Dist. 11-Barb L-Not present
Dist. 12-Joann G

8. Old Business:

Tributary/Website anonymity issues were discussed.

9. Bids for:

Winter Assembly 08'-Buffalo, Wyo. (the Dist. Decided to decline later after a Group Conscience was taken)
Spring Convention 08'- Casper, Wyoming
Summer Assembly 08'- Lander, Wyoming
Fall Convention 08'-Sheridan, Wyoming

10. Agenda Items:

Motion from district 2: To change Area 76's present practice of appointing committee chairs to electing these committee positions. Motion was defeated.

Election Results:

Chairperson-Pat M
Delegate-Brooke C
Alt. Delegate-Tim W
Treasurer-Allen W
Secretary-Lora D

On going positions:

Archivist-Dave Mc
Web Master-Michael D
Registrar-Don M

Committee Chairs are appointed positions.

Yours in Service,
Lora D
Area 76 Secretary

2008 Area 76 Winter Business Assembly Agenda **AFTON, WYO. APRIL 4-6, 2008**

1. Open the Assembly-Pat M

Delegate Report for 2008 Panel 58 GSC Agenda items in NYC

2. Secretary Report- Lora D

1. A motion to have 3 Assemblies and 1 convention per year.

3. Treasures Report-Allen W

Background:

4. **Officers Report**

Delegate-Brooke C

Alternate Delegate-Tim W

Archives-Dave Mc

Registrar-Don M

Chairperson-Pat

Assemblies are for business and Conventions are for fellowship. Area 76 should not be conducting Area business at Conventions. If we cannot take care of our business with 2 Assemblies a year then maybe we should have 3 Assemblies and 1 Convention a year with no Delegates meeting at the Convention. (This was brought up for discussion at the last Assembly in Green River and was tabled till the next Assembly).

5. **Assemblies and Convention Reports:**

2008 Winter Business Assembly- 08' Afton,

Wy.

2008 Spring Convention-08' Casper, WY

2008 Summer Assembly- Lander, WY

2008 Fall Convention- Sheridan, WY

Submitted by Duff

6. **Area Chairperson Reports:**

2. A motion to increase the 'seed money', as defined in the Area 76 Financial Guidelines, page 6, section 3, item 3, given to Area Trusted Servants and Committee Chair people for travel to area functions and miscellaneous expenses from One Hundred dollars (\$100) to Two Hundred Fifty dollars (\$250).

7. **District Reports:**

Background:

8. **Old Business:**

Assembly Election results:

Chairperson-Pat M

Delegate-Brooke C

Alt. Delegate-Tim W

Treasurer-Allen W

Secretary-Lora D

On going positions:

Archivist -Dave Mc

Web Master-Michael D

Registrar-Don M

Due to recent increases in costs for travel, mainly in the costs of fuel and lodging the \$100 is an inadequate amount. The actual cost to attend an assembly, unless one lives locally, far exceeds \$100. In fact, the cost probably will exceed \$200. It should not cause hardship to an individual to be of service to Area 76, which in some instances, might be the case if the amount is not increased. The \$250 is more accurately in line with the Budget Requests. The bottom line, \$100 is no longer a realistic or adequate amount.

9. **Bids for:**

Winter Assembly-

Spring Convention-

Summer Assembly-

Fall Convention-

Submitted by:

George S.

Finance Committee Chair.

10. **Agenda Items:**

3. Motion: District 8 would like to move that Area 76 find a permanent location for the storage of Area Archives.

Background: The area has far too many items to continue to store them in the home of the Archivist. If this motion is passed, we would like to suggest that it be turned over to the Finance and Archives Committee to find a location and report back to the next assembly.

4. Motion

Move that Area 76 Host Committee provide internet access, either by wireless access, phone line, or network connection, which ever is available.

History

Area 76 has developed a web site which according to the website guidelines must be reviewable to the assembly at each meeting. Without an internet connection this site is not able to be presented.

New development:

The General Service Office is developing a new form of the Area records which will be available through a web portal. The internet access will be more important while at assemblies for the Area registrar and will provide a better updating process while at assemblies.

5. Motion:

That Area 76 purchase on LCD projector with a minimum lumens of 2000, and a replacement, and an eight by eight projector screen, to be available

11. Discussion Items

1. At several recent Area 76 assemblies the meetings have not been recorded. Also at several of these assemblies we have not had or have used an improvised PA system. There are portable, self-contained units available, which at moderate cost could provide the capability of both PA and recording. The cost of these varies, of course, with options and features.

I submit this for discussion.

Submitted by: Bill M III - District 3

for use by Area members to present PowerPoints or other pertinent presentations to the Area. This equipment to be placed with the Area Delegate for safe keeping and distribution when requested by and voting member of Area 76

History:

Projectors and screens have been supplied by Don M. A recent policy change has rendered the equipment unavailable for him to supply items to Area 76. Area 76 should become self-supporting by purchasing their own equipment for Area use.

6. Motion:

Area 76 receives donated equipment from Don M. to have taping capabilities of all Area assemblies when a taper is not available. Area 76 provides Don M. a receipt of donation for tax purposes of \$2000.00. Equipment will include tape recorders, microphones, stands and cables.

History:

Area 76 recently has not had tapings of Area assemblies. This equipment will be used for that purpose.

Respectfully submitted

Don M.
Area 76 member in Good Standing
Area 76 Registrar
Past Delegate Panel 54

Fellowship Forum

These articles are experiences and opinions of individual members. They do not represent the opinions of The Tributary, Area 76, or AA as a whole.

ASKING FOR HELP

Knowing we needed it and yet struggling with the asking

It is stated in the Big Book of Alcoholics Anonymous, Chapter Five, Step Three, that the root of an alcoholics troubles is selfishness—self-centeredness. In my own humble opinion there are several other adjectives beginning with the word self which could have been added to describe this alcoholic. A great synonym to self-centered is egotistic, which could and does paint a picture of what and who I was, and am still on numerous occasions.

The difficulty in asking for anything when you are so self-sufficient, in all areas of life, is incorrigible or overwhelming. It is something which isn't or can't be done. If I can't do it for myself it can't be accomplished by anyone, or it is not needed at all.

Coming into Alcoholics Anonymous with this grandiose, arrogant and contemptuous attitude made accepting the program, which was so generously offered, somewhat difficult. I was told, by many AAs, to get a sponsor, and I did just that. I didn't ASK anyone, I appointed someone in my own mind. No need embarrassing yourself if they say no, and when you fire them nothing need be voiced to anyone. One gets very little help from others when it is done in this manner, but that was what I wanted at that time.

Who wants to stop thinking about the most important thing in their life, one's self. "I'm not much but I'm all I ever think about." It is difficult to ASK for help when you are so important. It took sinking just a little lower into the disease of alcoholism to be able to find the solution being offered by this wonderful program.

Being beaten down by the disease of alcoholism can be an extensive process for some. Time and pain, which was the best motivator, got me to the point in life where there were but two choices, drink or get off that high horse, humble myself and ask for the help needed to start the good life. I have asked, and have a sponsor today whom I get together with each week.

It works and it works well if I can continue to do the things I am asked and told do. I'm not in this thing alone. This is, and will always be, a WE program.

----Anonymous

Hi, my name is Dave and I am an alcoholic. I would like to share my Experience, Strength, and Hope with everyone. First, I am the new Tributary chairperson for District 8.

I could make it easy on myself and tell you to read pages 151 and 152 in the big book. It tells my story and what to do about it, yet that would not be sharing my experience, strength, and hope with you.

My first memory of drinking was when I was 6 years old. My cousin and I stole a few bottles of the home brewed beer from a farmer my uncle knew and we went to the creek to drink it. I remember I felt good after I drank it. Then it was not until I was 13 that I got drunk and had my first blackout; I lost most of that night but did not think much of it. After that, I got married at 19, got divorced at 21, made a geographic to Florida, then moved to California, then to Wyoming and got married again.

However, in January of 1992, my second wife had had enough of my drinking and she packed up the kids in the suburban and went back to California. That left me to do what all alcoholics do—drink all I wanted. By July 1992, I was in bad shape, and my job suggested I go to treatment center. I was so sick I took the suggestion.

I went to Casper for treatment; I was 47 and very sick. That was my start in the fellowship of Alcoholics Anonymous. In the treatment center, we had counseling, group therapy, we worked the steps to the best of our ability, read in the big book and meditation books, and every night we went out to AA and NA meetings.

After 28 days, we got to go home; my counselor asked me on my last day if I wanted to stay sober. My answer was **yes**, so he gave me a name and number for somebody in Rock Springs to make contact with and to go to AA meetings with.

Fellowship Forum

When I got back to Rock Springs, I started going to meetings, there I met a lot of people just like me trying to stay sober, one day at a time. So I got a sponsor, did the steps, helped other alcoholics, did service work. From 1992 to 1996, my life got better; things I lost were coming back to me slowly. In addition, my new sober life was good. Then I forgot I am an alcoholic. I started missing meetings, than I stopped going all together. After that, it was only a matter of time. There I was sitting in a restaurant with some friends and I ordered a drink. After I had that first one, it started a craving of mind and body for more to drink. Soon I was back to the fifth a day and it did not take 30 years of drinking this time around to get me in all the same places. As I was four years earlier, it only took me six months to get back all the misery of 30 years of drinking. I remember being in my backyard drinking tequila and praying to God for help. The next thing I remember I came out of a blackout sitting in a meeting on 29 J. St. in a meeting of alcoholics anonymous. Therefore, I started my sober life all over again; God got me back into the fellowship. I do not

recommend anybody going out and drinking again. However, I learned a valuable lesson, and I did not die in the process of drinking. I am an alcoholic, and I will always be an alcoholic. Moreover, without the meetings, I would start thinking this is a ME program, not a WE program. In addition, today I like what I have found in the fellowship of alcoholics anonymous. Therefore, I think I will keep asking for help from God to help me in all my affairs, go to meetings, read in the big book, and work with other alcoholics, and maybe I have a chance of not taking that first drink----- ONE DAY AT A TIME.

Dave B

Call for Submissions...

The next issue of Tributary will come out at the Spring Convention in Casper, May 2, 3, and 4th. There isn't much time between the assembly and the convention so please get submissions to me by

April 25th

Please submit articles relating to the theme of the Convention: "Communication and Participation – The Key to Unity and Self-Support

Check out the Area Website!

www.area76wyaa.org

Don't forget to send flyers of your events!
