



Later in this issue:

Officer/Chair/District articles

A.A. Comes of Age

"Events, Deadlines, and Links"

On the website (<http://area76wyaa.org>):

Tributaries 2008 - present

Print this issue for your groups



---- A letter to a group. Names x'd out ----

Dear Eye Opener's June 15, 2010

Hello!

I'm xxxxx and I'm an alcoholic and addict. I have been meaning to write you all and let you know how I'm doing. I currently have 90 days sober, with the help of the Laramie County Jail. I am currently waiting to go to treatment in xxxxx. I have court on the xth of xxx to decide when I get to go. The treatment I chose to go to is Native American, based more on spiritual and cultural teachings.

Forever, I wasn't seeing the reasoning of my own wrong doings -- I found fault in everything or everyone else. As I was attending AA meetings and listening to others talk I always didn't really hear anything that I could relate to. Until one day xxxxx talked of finding similarities instead of differences. It wasn't until I came to jail that I found out the meaning. I have been reading the Big Book and have a better understanding of what she was telling me.

My last day at the Eye-Opener's meeting I was distraught over not being able to see my children that weekend. I chose to drink myself into near unconsciousness. I even tried to finish it off with an overdose of anti-depressant medicine. Talk about self medicating. I ended up at xxxxx for a suicide attempt and 8 days later was back in jail. And nearly 3 months later I'm making it through each day being thankful I have another chance. I have been doing inmate labor in the kitchen. Even though I'm not able to attend the Eye Opener's, I do attend the one AA meeting we have a week here in the jail. I read the daily reflections and relate it to something I know or learned in my sobriety. I have also been reading stories in the Big Book and have

found little sayings that I remember xxxxx and xxxxx saying. It puts a smile on my face to be able to have known you all. I know now when I am as overwhelmed with decisions that aren't to my liking as I was then to keep saying to myself, "Don't drink!", "Don't think!", & "Go to meetings!" The hardest thing I have to deal with in my sobriety is my own anger.

I've read in the Big Book, "AA is not just a project. AA offers me an opportunity to improve the quality of my life." That's where I find myself today, wanting to change my thinking and behaviors, so that I can lead a clean and sober, responsible life. My sobriety and growth depends on my willingness to listen & understand, and to look for similarities in what I hear instead of differences.

I wanted to write and say "Thank You!" -- xxxxx, xxxxx, and xxxxx and the many others who have given me words of encouragement even when I wasn't listening. Thank You! Thank you all!

You may share this with all who attend, or just with the ones who would like to read it. That's all I have to say.

Thank you again for listening to my story.

Love, xxxxx

P.S. My court was continued till xxxxx due to the women's wing at the xxxxx still being remodeled. They are having plumbing problems. I heard there was a prisoner's pamphlet and I was hoping to see if I could get a copy. I write to xxxxx every week and she's doing okay down in xxxxx, but she needs to find an AA group. If anyone would like to write me, I could use a few words of encouragement or wisdom if you want to share.

Thank you! xxxxx

Tonight the Bottle Let me Down
---- Merle Haggard

---- From the Area Chair ----

Greetings Area 76!

Happy Birthday, Alcoholics Anonymous! It was absolutely a joy to join the 55,000 plus people in San Antonio to celebrate our 75 years! And it was great to be walking to one of the big meetings in the Alamodome and spot a "Get in the Truck" Wyoming t-shirt ahead of me. Although I was concerned at one point that the Area Treasurer and I were going to be arrested at the ice cream shop for trying to get in the line, the weekend was spectacular - great speakers, workshops, old friends, and many new friends. Try as I might, I couldn't quite get my fill of Texas Bar-B-Que, but I did come home with a full and happy heart and a huge amount of gratitude for our message of hope, handed one alcoholic to another from Bill and Dr. Bob. Much to celebrate, indeed!

My discussion with a San Antonio police officer reinforced how I've been looking at the Three Legacies, mainly that I got to the tables of Alcoholics Anonymous because of the Legacies of Unity and Service and not because of the Legacy of Recovery. That's backwards to what I believed for years- that we get here because of Recovery and later get involved with Unity and Service. The cop said that our celebration was the largest that San Antonio had ever seen and that they couldn't wait to have us come back as soon as we could. He said that, in spite of our huge numbers, we were the politest, nicest, happiest group they had ever seen. Apparently, even the normal San Antonio crime rate had gone down over the weekend. The only thing he'd heard about with us was that perhaps one of members had fallen off the wagon and almost hit some people in a crosswalk while driving under the influence. He also said that this may just have been a rumor as he hadn't gotten any confirmation that it actually happened. I think he had no idea how miraculous it was that several hundred of us at a crosswalk would cheerfully obey the traffic cop when at best, we are a little rebellious toward authority and at worst, we have been convicted of felonies!

My point is that this metropolitan police force probably knows that A.A. is about recovery from alcoholism, though the majority of them aren't familiar with our Steps. But it was obvious to them that we have something pretty special. Though they may not now what "it" is, our Unity and Service make it possible for them to know that there is an "it." When we come to the tables of Alcoholics

Anonymous, we usually don't know what "it" is either, but the fact that there is a table to come to is absolutely because of Unity and Service. Before I got recovery through taking the Steps, Unity and Service made it possible for there to be a Big Book for me to take the Steps out of; that the Steps are hanging in meeting rooms everywhere, that those Steps are the same throughout the world, that I can find a meeting almost anywhere I go, that there is a cup of coffee and another alcoholic waiting for me when I get there - all these are Unity and Service - the path by which we are handed the Legacy of Recovery.

Feeling strongly about this, I am continually amazed at how easy it is to resist the importance and necessity of Unity and Service. That others followed the high principles in our Traditions and Concepts made it possible for me to achieve sobriety. My gratitude for what I have freely been given makes me all the more willing to put my shoulder under all Three Legacies to make sure that every alcoholic that suffers may find A.A. - "and for that, I am responsible." And with that, on to the Area business of protecting and perpetuating our message of hope.

Thanks to all of those who filled out evaluations at the last Assembly. The most often mentioned thing was about how difficult it was to hear in the workshops and the committees. If you are going to be hosting an Assembly, please keep this in mind when making arrangements for the facility. Also from the evaluations, the consensus seems to be that the workshops were quite helpful. In Evanston, we will again be utilizing our Friday night for workshops. Our schedule for Saturday looks considerably lighter than our last Assembly, so we may also have time for an afternoon workshop on anonymity. We'll see how much time we have to do that.

I have mentioned that I have been looking at other Area inventories to see if there might be something we can use. Seems most of the ones I've seen aren't necessarily a fact-finding and fact-facing process, and many of them look like we can get so bogged down in the logistics that we never actually get to the point where we know what we are doing wrong and how to improve. If you have some ideas on an Area inventory, please let me know.

We have an **Area teleconference** scheduled for July with the standing Committee Chairs and any interested officers. Again, we'll be talking about Chair responsibilities with the agenda and the Conference Committee process.

We have a long expanse of time between this Assembly and our next Winter Assembly. In between them, we have plenty going on. Our Fall Convention is in Gillette in October; we have a Regional Forum in South Dakota in November; our West Central Regional Service Conference is Feb/Mar of 2011. If I remember correctly, it will be held in Brainerd, MN - another very long drive. I especially hope that we'll have much participation in all events! See our Area Website for information.

Thank you again for the opportunity to serve as your Area Chair to help keep "it" going!

With Love in Service, Brooke C., Area Chairman

---- From the Delegate ----

SOBRIETY AND THE THIRD LEGACY

Upon arriving in the rooms of Alcoholics Anonymous, it was STRONGLY suggested that I frequently attend meetings, get a sponsor and work the steps. So, I set out to find a sponsor. While attending a meeting, they asked if there were any announcements and I raised my hand and stated that I was looking for a sponsor and that if anyone was willing to take me on, or knew of someone that might be willing to sponsor me, to please see me after the meeting. When the meeting ended, everyone got up and left, while I sat there thinking, "That worked really well". After the meeting, I went outside and was talking to another member in the program when my soon to be sponsor walked up and introduced himself.

My new sponsor had a few things that he asked if I would be willing to do. He wanted to know if I would go to any lengths for victory over alcohol, if I was willing to meet with him on a weekly basis to go through the Big Book, if I was willing to carry this message to the next suffering alcoholic and be of service to others. He STRONGLY suggested that I join the same home group that he belonged to and that I be an active participant in that home group.

After attending my home group for about three months, **they informed me that they had taken a group conscience and decided that** I should be our group Treasurer. They called it a "Group Conscience" and I called it a "Railroad Job". Regardless of what it was, I gladly accepted the responsibility. This was my first experience of being of service to others in Alcoholics Anonymous.

Since that time, I have held many service positions in Alcoholics Anonymous and have found them all to be very rewarding. I've found that, like most things

in life, you get out of them what you put into them. At least, that has been the case for me. I have also come to realize the importance of having the third legacy of "Service" woven into my sobriety. Somewhere in our literature, it states that "Sobriety is not complete without the 3 legacies of Recovery, Unity and Service" **and I believe this to be very true.**

At the present time, there is a general "Lack of Participation" throughout the service structure of Alcoholics Anonymous. Members willing to serve in their Group's, District's and Area's have been on a steady decline. Some people believe that this "lack of participation" is a secondary disease that has the power to destroy Alcoholics Anonymous from within. **Let's hope this isn't true.**

It's a great honor and privilege to serve the members of Area 76 as your Delegate. I have found this service position to be quite demanding of my time and resources. However, I have also found it to be very rewarding. It has afforded opportunities and growth in my life that would never have been possible, without participating in these experiences. May we never forget where we came from and the new lives that we have been provided, as a direct result of Alcoholics Anonymous. Thank you for allowing me the opportunity to serve in the "Fellowship of the Spirit".

Allen W., Delegate

**You can't fix what's in your head
with what's in your head.**

---- From the Guidelines Chair ----

Greetings Area 76!

The Guidelines/Report&Charter committee has gotten our info from the GSC and are reviewing the Advisory Actions and Additional Considerations to be discussed in committee at the Assembly. Also one agenda item that will also be up for discussion.

We have been trying to gather info of the nature of our service manual at the group level. It seems many of our members have not even heard of it or want to?? Should this be a concern for us???? How does your group feel??? **Let me know.** Something else to talk about at committee. **Need a place to sit at the Assembly -- please join us.**

Yours in Service, Dean S., Area Guidelines Chair

[GSC: General Service Conference]

"fun" is over-rated

---- From District 12 ----

Planning for the Summer 2010 Convention in Cheyenne has begun. We are very excited to be hosting this event again and look forward to seeing as many of you as possible next year. Flyers that provide the dates and location will be available at the Summer Assembly in Evanston later this month.

The spirit of recovery remains strong in District 12. We have recently updated our meeting list on the Wyoming AA website so **please do stop in** to one of our meetings if you're in the area this summer!

In love and service, Vikki C., District 12 DCM

---- From the Tributary Editor ----

That's me. After just celebrating 15 years, I still attend a few meetings a week, and am in awe much of the time at the number of people who admit they have a problem with alcohol; and work at their spiritual program; and share their experience, strength, and hope with me. Editing this edition gives me the same awe as I get at my meetings.

I have subscribed to the Grapevine for approximately 30 years, but most have been unread. **That's my loss.** I know that the Grapevine editors must have the same awe as I do. Thank you for sharing if you have, and consider sharing if you haven't.

Dave C., Tributary Editor

---- From the Webmaster ----

We have made a major step towards having a more interactive Area 76 website. **The most popular areas of the site are** Event Flyers and Meeting List. There have been dozens of flyers posted and they have been downloaded hundreds of times.

The database of meetings are available but only about half the state has been entered into the database so far. This database allows a visitor to enter a city and a day and get a list of meetings with maps to meeting locations. I think this will be a service to visitors from outside the area because it does not require them to be familiar with the district structure.

One request that has been submitted is including a list of hotline telephone numbers for each district. Another item that is required is upgrading the Area76 web site host to the Joomla platform and moving the hosting location.

Thanks for everybody's feedback and support.

In love and service, Wayne,. Webmaster

---- Area 76 Teleconferences ----

It's a great world we live in. The Area Officers and Committee Chairs have had two teleconferences, in which, at a scheduled time, all can telephone an 800 number with an access code and hold a meeting via telephone. It seems to be an efficient method for preparation for an assembly.

---- From Alcoholics Anonymous Comes of Age ----

Chapter I - When A.A. Came of Age
by Bill W.

"During the first three days of July, 1955, Alcoholics Anonymous held a Convention in St. Louis, commemorating the twentieth anniversary of its founding. There our fellowship declared itself come to the age of full responsibility, and there it received from its founders and old-timers permanent keeping of its three great legacies of Recovery, Unity, and Service.

"I will always remember those three days as among the greatest experiences of my life."

.. Thus begins a good read. Now, in 2010, A.A. just celebrated its 75th birthday. Then, in 1955, A.A. celebrated its 20th birthday. Bill's writing talent allows us to relive that exciting time.

Other A.A. history books are Pass It On, and Dr. Bob and the Good Oldtimers.

---- 2010 San Antonio International Convention ----
55,000+ !?

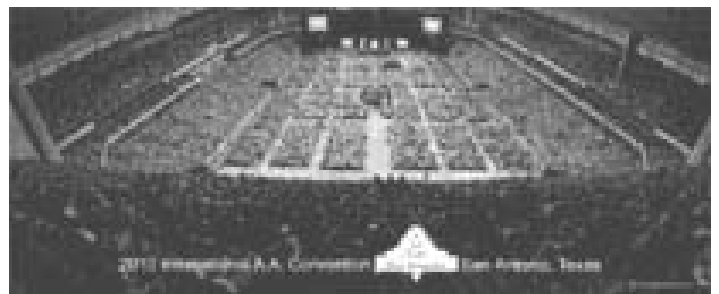


Image courtesy of David Faingold, faingoldphoto.com

Brooke and others make the International Conventions real for the rest of us. I'll be looking forward to listening to more from those who went to this and previous International Conventions.

---- Assembly Procedures ----

(repeated from 2010 Q1 issue)

All A.A. Members have a voice at Area 76 Assemblies. **Who Can Vote:**

- GSRs (alternate GSR if the GSR is not present)
- DCMs (alternate DCMs if the DCM is not present)
- Committee and Sub-Committee Chairs
- Area Officers

Concept XII, Warranty Four: “That all important decisions be reached by discussion, vote, and, whenever possible, by substantial unanimity.” Substantial unanimity means 2/3 of the voters present. On very important matters, the chair may request substantial unanimity be 3/4. Less important matters can be decided on a simple majority.

Motions requiring seconds, discussions and votes:

- Accepting Secretary’s Report
- Accepting Treasurer’s Report
- Floor Actions (motions made from the floor) to be heard at the end of the Assembly

Committee Reports:

- Committee Recommendation is a motion coming out of the committee. It is considered a seconded motion requiring discussion and vote.
- Additional Considerations are all other items discussed in committee not being put on the floor for a vote.
- The Committee Chair will read the report, and the floor will be opened for the Assembly to discuss and vote on each recommendation. For additional considerations, the floor will be opened to the Assembly to ask any questions of the committee. General Service Conference agenda items will be read out as additional considerations. The committee will share anything significant on each agenda item and the floor will once again be opened for discussion of the item and for the Delegate to get a sense of the Assembly.

Floor Actions: After committee reports begin, any voting member of the Assembly may submit a floor action. Please put it in writing, read it to the Assembly, and turn it in to the Secretary.

Bids for Assemblies and Conventions decided on simple majority.

[See 2010 Q1 Tributary (Green River) for notes on Robert’s Rules of Order]

---- Events, Deadlines, and Links ----

(Additions, corrections to xxx@xxx.xxx)

From the Guidelines:

- Mar-Apr: Winter Assembly
- May-Jun: Spring Convention
- Jul-Aug: Summer Assembly
- Oct-Nov: Fall Convention

2010 Dates:

- Jul 30–Aug 1 Summer Assembly, Evanston
- Oct 3 Tributary **deadline**
- Oct 15–17 Fall Convention, Gillette
- Nov 12-14 WC Regional Forum, Rapid City

2011 Dates:

- _____ Winter Assembly, Rawlins
- May 13-15 Spring Convention, Cheyenne
- _____ WCRAASC, Brainerd, MN
- _____ Summer Assembly, Lander/Riverton
- _____ Fall Convention, Casper

Local Events (add yours):

- Aug 13-15 Wind River Canyon Campout
 - Sep 3-6 16th Annual Unity Campout, Lander
 - Sep 11-12 29th Annual Pig Roast, Gillette
- More flyers on website.

Links:

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