

The TRIBUTARY

Area 76 Newsletter

Spring 2015



Just as the aim of each A.A. member is personal sobriety, so the aim of our services is to bring sobriety within reach of all who want it. If nobody did the group's chores, if the area's telephone rang unanswered, if we did not reply to our mail, then A.A. as we know it would stop.

Alcoholics Anonymous Comes of Age, p. 120

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Rule 62, From the Grapevine

Area 76 Happenings

It is my wish for each of you that this day be one of Grace and Gratitude, Sober, Happy, Joyous and Free. That you may know Peace and Be Content, Fully Alive to the Sufficiency of God's Grace, and the Generosity of our Earth Mother. (Barefoot Windwalker)

Taken from barefootsworld.net

The home group is the foundation of sobriety

When I finally lowered myself to come to an AA meeting; they told me to keep coming back, get a big book and get a sponsor. I bought a big book. At the next meeting there were some good-looking women so I kept coming back. I figured I didn't need a sponsor cause I could read.

For the next few months I came to meetings and tried reading that book by myself. My head was telling me that I was getting this thing figured out. Then a guy was sharing in a meeting how alcohol and drugs were his solution to life and he had found a better solution in the pages of the big book with the help of a sponsor. I wanted to kill him that night, the next day I just beat him down and the day after that I got tricked into calling him to ask him to be my sponsor.

He led me through the steps out of the book, sharing his own experience, strength and hope. He also strongly suggested I join a home group. By then I had enough trust in him to join his home group. It consisted of those people they warned me about at the coffee shop "meetings". A bunch of those "book thumpers" that would really screw up my life. Instead of screwing it up, they helped save my life. That group helped give me time to learn the principles of AA.

I started to work for the common good rather than what I could get. I learned about the traditions and was introduced to the service manual and the concepts. I learned that my responsibility was to my group and that I had no right in trying to run another group.

I found myself lowered into service positions, GSR, DCM, Delegate and now Area Chair. I have listened to a lot of "good" ideas. I am so grateful for the foundation of the steps, the traditions and the concepts. By looking at how those "good" ideas apply to those principles has hopefully kept my ego in check. That way I won't mess this thing up for future members. Above all those principals remind me that I am not the one in charge of my life and that I am responsible to, instead of responsible for the fellowship of AA.



Greg B., Lander



Greetings Area 76!

It has been my pleasure to serve as the chair for the Gap Committee this rotation. The Gap Committee covers the General Service Conference committees that fell into a “gap”, their topics were not regularly covered in our Area’s standing committees. These committees included Agenda, Policy and Admissions, Trustees, and International Conventions/Regional Forums.

Two rotations ago, our Area decided to try a Gap Committee as an experiment for two years to see if it would prove valuable in informing the groups and our delegate about its topics. After the experiment, the Area voted the Gap Committee in as a full standing committee. In addition, the Area voted that our Alternate Delegate ought to attend Gap Committee meetings and its chair ought to be a past delegate, whenever possible. There can be some kind of confusing topics in the Gap Committee.

Here’s what I have been doing as chair of the Gap Committee:

1. Prior Assemblies, submitting appropriate agenda items for the Committee’s consideration (sent to the Area Secretary by the agenda deadline date).
2. Attending Area assemblies to chair the Gap Committee
3. Facilitating discussion on agenda items and other items that the Committee wished to discuss.
4. Giving background information on items and explaining the service structure and procedures relevant to items.
5. Bringing the Traditions and Concepts into discussions.
6. Writing and giving accurate Committee reports to the Assembly. For the Winter Assembly, this included sharing important information about the GSC items in the Gap Committee with the Assembly and with our delegate. For the Summer Assembly, this included GSC actions that affect the Fellowship.
7. Maintaining a list of Gap Committee members.
8. Following up with Committee items between Assemblies. This has included teleconferences with Committee members, assisting the delegate in proposal writing, and – this year, assisting the host Committee with the Regional Forum in Casper.

In addition, as a standing Committee chair, I have tried to keep informed about Gap Committee items. To do this, I have attended our West Central Regional Service Conferences (not paid by the Area), studied and asked questions about agenda items, and read General Service Board minutes.

I hope I haven't made the Gap Committee sound too intimidating! Most committee's chairs have approximately the same duties, but Gap is really an interesting committee with lots of opportunities to learn more about Alcoholics Anonymous. If you are interested in serving on this committee, simply show up at an Assembly and join us at the table! If you are interested in chairing the Committee, let the new Area Chair who will be elected at our Summer Assembly know.

I have enjoyed and appreciated this opportunity to serve!

With Love in Service,

Brooke C.



Alcoholics Anonymous is truly a "beacon of light of hope for mankind."

If each member works through the group – through recovery to service – we cannot number the lives that can be touched. Few human beings will ever enjoy the privilege that is ours.)

BEST OF THE GRAPEVINE II, P. 264

Dr. Bob was my constant companion and partner in the great A.A. adventure. As the physician and great human being that he was, he chose work with others as his prime A.A. vocation and achieved a record which, in quantity and quality, none will ever surpass. Assisted by the incomparable Sister Ignatia at St. Thomas Hospital in Akron, he – without charge – medically treated and spiritually infused five thousand sufferers. (As Bill Sees It, p. 18, Letter, 1966)

It has been a distinct honor and privilege to serve as Area 76 Corrections Chair for the year 2014 to 2016. This position has given me a sense of responsibility that I needed in my life for continued growth in the program.

The following is a brief synopsis of what the position entails:

Chair the Corrections Committee at Area Assemblies and address any concerns that members may have. Coordinate the schedules for volunteers to take meetings into the prison facilities, and be the chief contact person between the various prisons and the volunteer coordinator for the many facilities throughout the state.

Thank you again for allowing me to serve.

Frank B., Area 76 Corrections Chair



“....Back from the Brink.”

“I am writing for a twofold reason; I would like to thank the people of A.A. for all the help they give others who struggle with alcohol, both on the outside and inside of the prison walls. It is through the willingness of those on the outside to help another alcoholic that A.A. even exists here behind the walls. Their sharing and kindness is what draws those of us who want a different life when we are released to the A.A. program. I, for one, have found a deep spirituality through forgiveness and the making of amends. I am currently finishing the Fourth Step and plan to do the Fifth Step upon my release. A.A. and God have saved my life, and I want you to know that this program has brought me back from the brink.”

Albert T. - Sharing From Behind The Walls, Spring 2015





I AM RESPONSIBLE...

When anyone, anywhere, reaches out for help, I want the hand of A.A. to be there. And for that: I am responsible.

DECLARATION OF 30TH ANNIVERSARY INTERNATIONAL CONVENTION, 1965

Wayne Reed of Guernsey, Wyoming a longtime member of AA passed away this morning. Wayne celebrated 44 years of continuous sobriety in April and also recently celebrated his 94th birthday. Wayne held service positions from the group level through being elected to serve as Area 76 Delegate to New York. He was very active in both Wyoming and Nebraska AA for many years. His memorial service will be at the VFW Hall in Guernsey on June 6th at 10:30 AM followed by a military service at the local cemetery. Please give this the widest dissemination possible as Wayne is known to a great many people in both Wyoming and Nebraska.

Sadly,

-Lou Redmond-

DCM, District 11, Area 76



Uncle Lyle's Corner

Prayer is not telling God what we want. It is putting ourselves at His disposal so He can tell us what He wants. And prayer is not trying to get God to change His will. It is trying to find out what His will is for us. That is why it is so important to listen as well as talk when we pray. Where do I come from? What am I doing here? Where do I go when I die? Science has no answers. Philosophy has only educated guesses. Religion has the answer for the believer.

Reverend Sam Shoemaker

God does not trespass on man's freedom. We can reject Him, and deny Him, and ignore Him as long as we like. But, when we open the door on a Spiritual Search with our whole lives thrown into it, we shall find Him there, ready to receive our most childish prayers and our always unworthy selves. Reverend Sam Shoemaker

Men often think of themselves better than their neighbor because of some talent, ability, or circumstance which God has placed at their disposal. -- That's Pride! -- We are reminded by Humility, that God could just as easily have given these things to those who at the present are less gifted. Reverend Sam Shoemaker

Rule 62: “Don’t take yourself too damn seriously.”

Taken from Tradition Four: “Each group should be autonomous except in matters affecting other groups or A.A. as a whole.” (Written in part from pgs. 147-149, Twelve Steps and Twelve Traditions.)

When A.A. was still young, lots of eager groups were forming. In a town we’ll call Middleton, a real crackerjack had started up. They figured the town needed a great big alcoholic center...Beginning on the ground floor there would be a club; in the second story they would sober up drunks and hand them currency for their back debts; the third deck would house an educational project – quite noncontroversial, of course.

There were, though, a few conservative dissenters among the alcoholics. They wrote the Foundation*, A.A.’s headquarters in New York, wanting to know about this sort of streamlining. They understood that the elders...were about to apply to the Foundation for a charter.

Of course, there was a promoter in the deal--a super-promoter. By his eloquence he allayed all fears, despite advice from the Foundation that it could issue no charter, and that ventures which mixed an A.A. group with medication and education had come to sticky ends elsewhere. Soon things began to hum. To insure foolproof, continuous operation, sixty-one rules and regulations were adopted.

But alas, this bright scene was not long in darkening. Confusion replaced serenity. It was a beehive of activity, all right, but unlike a beehive it was confusion compounded. An A.A. group, as such, simply couldn’t handle this sort of project. All too late that was discovered. A chill chokedamp of fear and frustration fell over the group.

When that lifted, a wonderful thing happened. The head promoter wrote the Foundation office. He said he wished he’d paid some attention to A.A. experience. Then he did something else that was to become an A.A. classic. It all went on a little card about golf-score size. The cover read: “Middleton Group #1. Rule #62.” “Don’t take yourself too damn seriously.”

Thus it was that under Tradition Four an A.A. group had exercised its right to be wrong. It had picked itself up with a laugh and gone on to better things.

*** I asked God to spare me pain.**

God said "No, suffering draws you apart from worldly cares and brings you closer to Me." (Unknown)



a wino was staggering down the beach hungover and sick..His mouth was dry,and he wanted a drink bad...He was checking all the empty cans and bottles he found looking for a corner of a bottle..

He found a bottle ,pulled the cork,and out popped a genie

Genie said,great,i`m free,I have been in there for 3500 yrs...you get 2 free wishes!

the wino thought about it for a minute,and said,I want a bottle of wine that will never run dry...

poof!

there,in his hands was a fresh bottle of wine.He pulled the cork and took a slug..the bottle refilled itself.Great he said...The genie said,hurry up,I `ve got some catching up to do...the wino thought for a minute,and asked the genie,you got one more bottle like this?

A man is sitting in a pub in Ireland, drinking beer. After awhile, another man comes in and sits next to him. After they each have some more drinks, they start chatting.

Man 1: So where ya from?

Man 2: Just up the road... Main Street.

Man 1: My goodness I live on Main Street as well.

Man 2: No kidding! For how long?

Man 1: My whole life

Man 2: Me too. I'm surprised we never met. Where did ya go to school?

Man 1: Saint Mary's.

Man 2: I went to Saint Mary's as well!

Man 1: How old are ya if ya don't mind me asking?

Man 2: 26

Man 1: I'm 26 too!

As the two continue to find more and more things in common, another man enters the bar. He asks the bartender "what's the deal with those two?" The bartender rolled his eyes and said "Oh, the O'Sullivan twins are drunk again.

Two dudes roll up to a sobriety check point, Budweisers between their legs. They're plastered, and stand no chance of getting past without getting busted.

They roll up to the cops, the cop peers in, and sees both of them with soggy Bud labels on their foreheads, grinning.

"You two been drinking?"

They smile. "No officer, we're on the patch!"

Funny. True. A guy in rehab after his fourth DUI told it to me. He actually did it. That was his third. The cop was laughing so hard, he didn't bother with the handcuffs.

From www.soberrecovery.com

One Day At A Time!

Into the Trenches

In 2003 I tried to get sober, I went to rehab, went to meetings every day and got a sponsor. I thought AA didn't work.

Then in 2008 everything changed. The AA General Service Office helped me start a meeting in jail.

Tom M., Greg C. and Mike M. started coming to my facility. They would walk people through the first 164 pages of the Big Book. Like a light bulb coming on, I got it. I could go to meetings, but what would I do with my other 23 hours a day? So at rehab, or at the doctors my parents sent me to, I couldn't relate. I don't think they ever needed to be restored to sanity. They hadn't thrown up blood. They hadn't almost had their child fall out a window when they passed out, or promised never to drink again and be bombed five hours later. They hadn't gotten drunk and been with a girl who was off-limits or messed up a friend's wedding.

But these cats came into the trenches and walked people like me through the Big Book; through the Steps. I wanted what they had. I could see they had been where I had been. They had done those crazy things and were well. I did Step Three on the floor holding other dudes' hands. I did Four and Five in jail-and over 1,000 resentments were gone. I am doing amends through the mail. I meditate. I help others, and I do Step Ten every day.

I've been sober 17 months, and I don't think about dyikng any more. I love life. Thanks to AA, I am finally free in my head.

Randy H., S. Burlington, Vt.
From Grapevine, June 2010

UPCOMING ACTIVITIES

District 11, Area 76 Wyoming



Gray Rocks Reservoir Campout
June 25, 26, and 27 2015

Camping, Fishing and Fellowship

A.A. Contact: Marc B. 307-401-0228
Tom H. 307-322-9558
Gordon M. 307-575-3429
Dan C. 3077-259-5263
Saturday Evening Speaker To Be Announced

Area 76 Summer Business Assembly

July 10, 11, 12 2015
VFW Post 2918
Torrington, WY
908 West 25th Ave

A.A. Contact: Marc B. 307-401-0228
Lou R. 307-534-2172

Registration begins Friday 4 PM
****(Ice Cream Social Friday night and
Lunch Saturday will be provided by
District 11 Groups at the VFW Post)

Motels for Summer Business Assembly:

**America's Best Value Inn (307) 532-7118 (Trish Bottnenkamp – mgr)
1548 S. Main St
(20 Doubles Blocked under “Area 76” \$71.10 + tax /
night)**

**Holiday Inn Express (307) 532-7600 (Jena Ross – mgr)
1700 east Valley Rd
(\$129.95 + tax / night)**

**Grandma's Inn (307) 532-4064
4577 Hwy 26/85
(Single \$51.35 w/tax/ night; Double \$53.53 w/tax /night
Room w/kitchenette \$64.45 w/tax**

**West Central Regional Forum
August 21 – 23, 2015
Friday 6:45 p.m. to Sunday Noon**

**Parkway Plaza Hotel
123 W. E St.
Casper, Wy 82601**

Register online: www.aa.org



DEAR FRIENDS,

Since 1938, the greatest part of my A.A. life has been spent in helping to create, design, manage, and insure the solvency and effectiveness of A.A.'s world services – the office of which has enabled our Fellowship to function all over the globe, and as a unified whole.

It is no exaggeration to say that, under their trustees, these all important services have accounted for much of our present size and over-all effectiveness.

The A.A. General Service Office is by far the largest single carrier of the A.A. message. It has well related A.A. to the troubled world in which we live. It has fostered the spread of our Fellowship everywhere. A.A. World Services, Inc., stands ready to serve the special needs of any group or isolated individual, no matter the distance or language. Its many years of accumulated experiences are available to us all.

The members of our trusteeship – the General Service Board of A.A. – will, in the future, be our *primary leaders in all of our world affairs*. This high responsibility has long since been delegated to them; they are successors in world service to Dr. Bob and to me, and they are directly accountable to A.A. as a whole.

This is the legacy of world-service responsibility that we vanishing oldtimers are leaving to you, the A.A.'s of today and tomorrow. We know that you will guard, support, and cherish this world legacy as the greatest collective responsibility that A.A. has or ever can have.

Yours in trust, and in affection,

Bill

(Taken from As Bill Sees It, p. 332-333)



