



THE ASSEMBLY REPORTER

GENERAL SERVICE NEWS FOR THE GROUP

**MAY 2024
ISSUE**

SAN DIEGO - IMPERIAL
AREA 8 ASSEMBLY OF
ALCOHOLICS ANONYMOUS
(SDIAA)

WWW.AREA8AA.ORG

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The Assembly Reporter was written with GSR's in mind. Use this as a tool to communicate with your group!

SUBSCRIBE

Send your name, home group, district #, & service position

newsletter@area8aa.org



English



Spanish

THE DELEGATE & THE CONFERENCE

Area delegates make up at least two-thirds of the Conference body. Other members making up the General Service Conference are 21 trustees, both non-alcoholic (Class A) and alcoholic (Class B); directors of A.A. World Services and Grapevine; and A.A. staff at G.S.O., Grapevine and La Viña, bringing the total number of Conference members to approximately 135.

At the annual Conference, matters of importance to A.A. as a whole are considered and discussed. Items approved by a two-thirds majority of Conference members become Conference Advisory Actions; they are referred to the trustees of the General Service Board for disposition.

After the Conference meeting: Each delegate reports back to their area on Conference proceedings and the approved Conference Advisory Actions and additional committee considerations. Each GSR, having had the opportunity to hear from and ask questions of their delegate, is responsible for informing their group on the Conference outcome. Page 5, AA Service Manual

REPORTING BACK

Reporting to groups, districts, and the area back home following the annual meeting is a vital part of every delegate's job. Some call this report, which can take a variety of forms, the "report-back." Experience suggests that delegates may want to consult with the area committee in advance of the Conference to arrange times and places to give their Conference reports when they return. Delegates returning from the annual Conference frequently turn to examples of report-backs given by previous delegates in their areas. There may be area customs and traditions that each delegate will want to consider. Additionally, an individual delegate's style will likely play a role in how reporting is handled. Some delegates attempt to visit as many groups in their area as possible in the weeks and months following the annual Conference. They may request time on the agendas of group business meetings. Some groups may offer time during their regular A.A. meetings. When speaking to groups, it is unlikely that delegates will have the kind of time and attention that they would at an area assembly.

Less is likely to be more. Still, this direct contact has the additional benefit of stimulating interest in the service structure among groups and individual members. The great distances between cities and towns in some areas may make it difficult for delegates to visit many groups following the annual Conference. Instead, some delegates focus their efforts on the area assembly meeting and the district meeting, relying on GSRs to take information back to their groups. Groups take note when their GSRs are inspired and passionate about what they have to report. Some delegates make printed versions of their reports available, which can be especially helpful for GSRs so that they can pass on specific points of interest to their groups. Delegates are free to consider new approaches to their reports that take advantage of new communication technologies while following our Tradition of personal anonymity at the public level

box 459

GSO Newsletter

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WWW.AA.ORG/MEETING-GUIDE-APP

OIAA
ONLINE MEETINGS
24/7

LinkedIn

Alcoholics Anonymous
A.A.W.S.

ABOUT AA
WWW.AA.ORG/ABOUT-AA



WWW.AAGRAPEVINE.ORG/PODCAST

**A.A. on
YouTube**

WWW.YOUTUBE.COM/@ALCOHOLICSANONYMOUSWORLDSEI373

**TEXT & AUDIO
BIG BOOK**

WWW.AA.ORG/THE-BIG-BOOK

**TEXT & AUDIO
12X12**

WWW.AA.ORG/TWELVE-TRADITIONS

REPORTING BACK CONT.

Here are examples:

- Posting an anonymity-protected written account on the area's website (making sure to maintain anonymity).
- Making digital files of their reports available through email, perhaps as part of an area emailing and/or for individual requests.
- Anonymity-protected videotaping of the presentation to the area and making it available for districts and groups.

In the rush to embrace new technologies, it can be important for delegates to keep in mind that many A.A. members may not have access to computers, the Internet and email. Traditional methods of communication, such as sending printed information through the mail or making it widely available at service meetings in the areas, remain important.

Delegates might also consider making reports available to intergroup/central offices. They represent an important channel to reach an area's A.A. members. Some intergroup/central offices may welcome an in-person presentation, while others may prefer a written account."

The AA Service Manual Page 36

GETTING OUR FOOT IN THE DOOR

Cooperation with the Professional Community at Work in Area 8

Imagine nurses and doctors in a busy emergency room working with a patient who smelled of alcohol. In some cases, a knowledgeable medical professional may feel that a referral to Alcoholics Anonymous would be appropriate. Maybe they've seen this patient before or maybe the patient confided an alcohol related health problem. We'd like to make it easy for that professional to help the patient find and attend AA meetings. It could be as simple as an Alcoholics Anonymous poster on a nearby wall with a QR code that opens the Meeting Guide. Even better would be if the medical facility had some AA literature and meeting schedules available in a waiting room or hallway for that patient to pick up on the way out.

The mission of the CPC committee is to make AA resources available to those who may have contact with alcoholics in the course of their profession. During 2024 the Area 8 CPC committee is focusing on outreach to hospitals, clinics, treatment facilities and urgent care centers. We also hope to reach medical and nursing schools. Finding the right person to contact for permission to speak to the staff is a daunting task for a very small committee so we are asking for your help.

Sometimes success is simply about who can help you get your foot in the door. The Area 8 Cooperation with the Professional Community (CPC) Committee is looking for help in making contacts that will open doors in San Diego County. Do you know someone working in health care or treatment that might need to refer a person with a drinking problem to us? Do you know an administrator, staff person, or staff coordinator who can use AA print and media resources to help get alcoholics to us? Provide us with the contact information for that person and we will hold all correspondence in complete confidence.

Please contact Tom M. CPC Chairperson, cpcchair.area8aa@gmail.com

WE ARE NOT A GLUM LOT

I recently attended one of my regular weekly AA meetings and the consistently discussed topic of "service" was the subject matter that night. What a great meeting! I heard several stories about how being of service was a game changer for that individual's personal sobriety. Fortunately, at the meetings I attend regularly, this is not a foreign subject matter. I was indoctrinated into a service mentality early on in my sobriety. And I am convinced that my experience in sobriety is regularly enhanced by having a "service mentality". There are so many opportunities to help in AA and all one needs to do is raise one's hand when asked. AA is one of those places where you get what you give.

In the area where I attend meetings, I have met so many like-minded service oriented people in AA. They are not a glum lot. In fact, I could argue that they are the happiest of all AA members; and if they are not among the happiest, they are staying busy until the happiness comes.

Being of service in AA offers multiple benefits to the individual AA member and the fellowship. First, it fosters a sense of purpose and fulfillment by allowing members to contribute positively to the recovery journey of others. Serving in AA provides opportunities for personal growth and development, as individuals learn valuable skills such as leadership, communication, and empathy through interactions with fellow members. Additionally, being of service helps fight the sometimes overwhelming feelings of isolation and self-centeredness, promoting connection to a community. Moreover, serving in AA reinforces some of the principles of the program, such as humility and gratitude.

Early in my sobriety, I was fortunate enough to have been elected to a GSR position for one of my regular meetings. One of the people I met, Stacy J., and I had some mutual friends, and we became friends as well. And though I am not certain how it happened, after our respective commitments as GSR's ended, we stayed in touch and decided to take on a local service project, bringing a movie night to our area. Of course, we chose an AA themed movie ("My Name is Bill", about the founder of Alcoholics Anonymous). Stacy and I each have our strengths, but I could not have picked a better partner to work with on this project. We rented a movie theater, paid for the rights to show the film, wrangled 10-15 volunteers, raised donation money, and basically rolled the dice with "high hopes". Our local district was supportive and a couple hundred AA members had a great night. That was in 2014. And since that time, we have repeated AA movie night in 2016, 2018, 2022 and are ready for another one in June this year. Stacy is the engine behind this whole effort and without our mutual good fortune to be of service as GSR together, the successful movie night (5 movie nights, to be exact) would never have happened.

For those who know what it is like to attend service conferences, set up chairs, sponsor new members, bake cookies, take phone calls from bewildered family members of newcomers and all of the other service opportunities, I salute you. Typically, you will tell me that "giving back" is one of the foundation components of your program. And I nod ... usually with a grin. You are not a glum lot. I am not a glum lot. We are not a glum lot as a result.

See you at the movies.

-Dean B.

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.

MARK YOUR CALENDARS!

DELEGATE'S REPORT BACK AREA ASSEMBLY

5/18/24 9 AM-4 PM
7 Oaks Community
Center

16789 Bernardo Oaks
Drive, San Diego, CA
92128

8 AM - GSR School: Zoom
ID: 815 2501 5257 ~

Password: 2024GSR

9 AM - Assembly: Zoom ID:
863 9194 1442 ~ Password:
a8assembly

FOUNDERS/UNITY DAY

June 8 @ 11 PM - 3 PM
Harry Griffin Park-Site 2
9550 Milden St,
La Mesa, CA 91942

SPRING INTO SERVICE @ MACHINISTS HALL

5150 Kearny Mesa Rd,
San Diego, CA 92111
May 19 @ 9:30 AM -
1:30 PM

Hosted by: San Diego
Hospitals and
Institutions &
North
County Hospitals and
Institutions

DCM SHARING SESSIONS

4 area sharing session@
Pala Admin Building
12196 Mission Rd,
Pala, CA 92059.

June 1 @
9:30 AM - 1 PM



THE BELLY UP MEETING

Alcoholics Anonymous (AA) is often misunderstood as a somber and gloomy organization, but nothing could be further from the truth! In San Diego, California, our home group, the Belly Up 7am meeting, is a vibrant and joyful community that embodies the spirit of recovery and celebration.

We AA members know that overcoming addiction is a remarkable achievement, and we believe in embracing life to the fullest. Our meetings are filled with laughter, camaraderie, and a sense of purpose. We share our stories, support one another, and find strength in our collective experiences.

In San Diego, we take advantage of the beautiful surroundings and outdoor activities to enhance our recovery journey. We organize hiking trips, beach days, and social events that foster connection and community. Our group outings are always filled with enthusiasm and gratitude, as we recognize the gift of sobriety and the beauty of life.

The Belly Up 7am meeting is a special gathering place where we come together to share our experiences, hopes, and dreams. Our meetings are a testament to the power of human connection and the resilience of the human spirit. We support one another, celebrate milestones, and find joy in the journey of recovery.

We absolutely insist on enjoying life in San Diego, and our AA community is a shining example of hope and happiness. We prove that recovery is not just about abstinence, but about living a fulfilling and purposeful life. So, if you're seeking a supportive community that embodies the spirit of recovery and celebration, join us at the Belly Up 7am meeting in San Diego – we can't wait to welcome you!

-Hew B Former H&I Chair

THE PACIFIC REGIONAL FORUM JULY 12-14, 2024

- Regional Forums are hosted by the A.A. General Service Board and open to all A.A. members or to anyone interested in A.A.
 - Regional Forums are designed to enhance trust and communication between A.A. members, the General Service Board, Staff and Directors from the General Service Office and AA Grapevine.
 - Your Pacific Regional Trustee will moderate the event. You will also hear from General Service Office Staff Members, the General Manager, General Service Board Trustees, AA Grapevine, Inc. Publisher and Staff, A.A. World Services, Inc., Director, your region's Delegates, and past Trustees
 - There will be presentations, workshops, panels, and more. There will also be sharing sessions to allow for comments and questions. A sample program is posted on www.aa.org under the Regional Forums tab.
 - The event will take place on Friday at 6:30 p.m. through Sunday at 12:00 p.m.
 - Spanish interpretation will be provided.
 - Registration is FREE and will open online at www.aa.org on May 13, 2024.
 - All registration information is confidential and will not be used for anything except communicating about the event and sending the digital Final Report.
 - Pre-registration is encouraged though on-site registration will be available.
 - Location and address: Westgate Resort & Casino 3000 Paradise Rd, Las Vegas, NV 89109
 - Method of Reservation: Group code: SAAPR4R
 - Hotel reservations: <https://book.passkey.com/go/SAAPR4R> or by Phone at (888) 796-3564
 - June 20, 2024 is the room reservation deadline.
 - Rate: Double Occupancy, \$109-\$209 per night U.S. or Canadian *To receive the group rate, reference the event
- For more information, please contact the Regional Forums Staff Coordinator at regionalforums@aa.org or call (212) 870-3120.

We look forward to seeing you in Las Vegas! -www.aa.org