

## DISTRICT 34 Minutes for February 29, 2024 MEETING

### 1. THE MEETING WAS OPENED BY STEPHEN M WITH A MOMENT OF SILENCE FOLLOWED BY THE SERENITY PRAYER.

READINGS OF THE: 12 TRADITIONS: Bev H – Women Living Sober

12 CONCEPTS: Steve F – Stirling Friday Night

### ACCEPTANCE OF THE PREVIOUS MONTH'S DATED MINUTES

Motion: Les M – Foxboro Friendship

Seconded: James D – Lunch Bunch

Accepted amendment of missing financial report, will be in February minutes.

### 2. ACCEPTANCE OF THE CURRENT AGENDA

Motion: Lilliane T – New Hope

Seconded: Steve F – Stirling Friday Night

Accepted

**ROLL CALL:** The Following Group Service Representatives were in attendance

- |                             |                                 |
|-----------------------------|---------------------------------|
| 1. Bath Rebuilders Group    | 9. Second Chance Group          |
| 2. Foxboro Friendship Group | 10. Stirling 12 & 12            |
| 3. Happy Destiny Group      | 11. Stirling Friday Night Group |
| 4. Lunch Bunch              | 12. Sunrise Group               |
| 5. Marysville 12&12 Group   | 13. Trenton Group               |
| 6. New Hope Group           | 14. Triangle Unity Group        |
| 7. Primary Purpose Group    | 15. Tweed Group                 |
| 8. Quinte Group             | 16. Women Living Sober Group    |

**Sub Committees:** Public Information  
Corrections  
Archives  
Webmaster  
Grapevine  
Treatment  
Conference

**Officers:** ADCM  
Treasurer  
Secretary

Visitors: None

### 3. GSR GROUP HIGHLIGHT REPORTS: (only emailed reports need to be included in this section)

**Foxboro Friendship Group:** Our Group is getting big attendance, which is great for the Group and for Alcoholic Anonymous in District 34. We can meet all our financial obligations. We gave District 34, \$200.00 and GSO \$300.00 Our Business Meetings run smoothly with good attendance. There are no medallions coming up.

Yours in Service Les M Alt GSR

**Primary Purpose Group:** I'm an alcoholic, GSR for the Primary Purpose Group and my name is Mike. Our meeting is held Wednesday's at 8pm at St. Matthew's United Church, 25 Holloway St, Belleville. You can park out back and enter through the back door. The meeting is up the stairs at the end of the hall on the second floor. This is a wheelchair accessible location. This is a Closed Big Book Meeting of Alcoholics Anonymous.

We have had fairly steady attendance over the past month ranging from 10-14 people. We are self-supporting through the 7<sup>th</sup> tradition. We have no new members and have one birthday coming up on March 20<sup>th</sup> for Geoff F. who will be celebrating 2 years of continuous sobriety.

Our basic text Alcoholics Anonymous lays out the instructions to the 12 steps, please come and join us in reading and discussing our program of recovery. The promise of our 12<sup>th</sup> step is a spiritual awakening, we hope to see you soon.

In Love and Service, **Mike B**

**Tuesday Night, Napanee Out of the Fog Group:** Hi am an alcoholic and my name is Theresa. I am the GSR for the Tuesday Night, Napanee Out of The Fog 12x12 Group.

The group continues to be available in two formats, virtually and in person. During the last few months, the attendance at the virtual meeting has been almost double, of the in person meeting.

The group has a prudent reserve of three months operating expenses.

Out of The Fog 12 x 12 started on February 28, 2012.

This year marks 12 years of service to Napanee and the surrounding area.

Upcoming medallion:

In March, Sierra C. will celebrate her 5-year medallion (date TBD).

Yours in Service, Theresa B. GSR

### 4. SUB COMMITTEE REPORTS: (only emailed reports need to be included in this section)

#### Corrections:

Good Evening

I'm a alcoholic my name is Les M, also a member of the Foxboro Friendship Gr and your Alt Corrections Chair for District 34.

Quinte Detention Centre the meetings are running smoothly with the volunteers covering different time slots throughout the week. I attended Saturdays the last couple of weeks, I went in today and will try covering the 1pm time slot on Thursdays for awhile. New Volunteers have being stepping up and are getting approved. Here's hoping we get enough volunteers so we can set up some kind of a schedule so people will have a regular time slot and day to go in for A.A. meetings. Thanks to all the volunteers.

Bath Institution, the meetings are running smoothly with between 12 - 15 inside A.A. Members. we're presently doing the 12 Steps {Back to the Basics}. Next on the agenda will be going through our Big Book. Meetings are held every second Tuesday at 1300hrs. we'll be dealing with a new Social Programmer, who started today.

Millhaven Institution, here the meetings have been slow and 2 weeks ago I went in for 0900 hrs, setup the meeting, got the coffee ready, then the meeting got canceled. this past Tuesday the meeting was canceled due to Staff shortage, no matter what time they hold the meeting here we don't get many out.

We can always use Plastic Chips, Old Grapevines and soft cover Big Books, 12 & 12's and Daily Reflections.

We are updating the correction display board.

Thanks for allowing me to be of Service to District 34

Les M

### **Web Master:**

The new District 34 website has gone live. The Meeting Guide APP is finally functional after much consultation and hard work.

I am satisfied with the visual presentation and the content included in the website. Keep in mind that it is a site that can be improved when necessary or suggested. Most of the content from our previous website has been retained. We have added material for the newcomer and many links to A.A. resources material. One important item in the resource section of the website is the district meeting monthly minutes making them accessible to any member of Alcoholics Anonymous in district 34.

There is a form for Medallions and Birthdates. Submissions are easy to complete. When I receive them, I only have to **accept** the submission or **not**.

When individuals contact the District Sub-committee chairs or the Officers all mail is funneled through to the Webmaster. It will then be directed to the necessary individual. This is a Squarespace issue that would cost a lot of money to rectify.

The cost to the District for the website is \$1498.92. I have submitted an invoice to the Treasurer for \$998.92 - the balance owing to Kasama Marketing. Included in that cost is \$430.82 for the 1-year website hosting for Squarespace. This cost will be renewed annually.

You have access to meeting information in 3 places -the website meeting list, the printable website meeting list and the Meeting Guide App.

### **Proposals for Additions to the website.**

History of District 34

Changes background photos with photos from places in our district. Pictures must be light enough so that text can be read easily.

We would like to showcase a brief history of groups along with a picture of the group meeting setup similar to Grapevine.

Yours in love and service, Carman D District 34 Webmaster

Rick – pictures – could we use a pic of a group's tablecloth or table set-up?

Inga – when looking at the medallion information on the website, they are best seen when the phone is held horizontally.

### **Treatment:**

It's an honour to serve District 34 as your treatment chair, I am a member of the Primary Purpose group, an alcoholic and my name is Mike.

I met with Emma from the Grace Inn Shelter on February 9<sup>th</sup> and discussed further what a meeting of Alcoholics Anonymous would look like, the time and place it would take place, as well as some of the

guidelines from the shelter. I typed up a summary of our meeting and have attached it to my report. This is what we came up with and what she is proposing for approval to the shelter Director/Manager: There has been one Bridging the Gap request brought to our District this past month. As a reminder, a Bridging the Gap temporary contact is someone willing to call or contact a person exiting a treatment facility or hospital setting and introduce them to Alcoholics Anonymous in our community the first couple weeks out by taking them to meetings, introducing them to fellow A.A.'s, literature, and the program of Alcoholics Anonymous. This gentleman is getting out of a treatment facility on March 3<sup>rd</sup>, lives in Belleville and has filled out a Bridging the Gap Request form. Therefore, it is my responsibility to find a volunteer to contact him. If anyone here would like to volunteer to contact this gentleman, please see me after the meeting.

I'm still looking for an alternate for the Sub-committee treatment chair position or anyone willing to join with me to create a committee to bring A.A. to the treatment community.

Literature and pamphlet donations are always welcome. If you have any questions and/or, are interested in becoming a Temporary Contact for the Bridging the Gap program please contact me after the meeting, or via cell or email at: 905-269-2660 or [behaner\\_9@hotmail.com](mailto:behaner_9@hotmail.com)

In Love and Service, **Mike B**

Suggested meeting topics of 1<sup>st</sup> step, sponsorship, importance of home group, etc

Hoping to start these meetings to people transitioning out of homelessness before being opened to the general public.

Bev – did you mention anything about sobriety chips?

### **Grapevine:**

Good evening, everyone, my name is Debra and this is the Grapevine report for February.

On February 2<sup>nd</sup> I attended an Area 83 Grapevine meeting. There are few items of interest I wish to share:

-Print subscriptions are on the decline and as a result the price of print subscriptions will increase for the first time in 12 years as of April 15 of this year.

One year of one copy the GV in print is now \$36 US. Digital is still \$29.99 US yearly. I year of the complete (1 printed copy and digital access) is \$56 US

The complete GV version provides one paper copy of GV and passcode to a digital copy that can be shared.

-The Grapevine App is in the top 5% of all podcasts ( a significant achievement)

-The App was number 32 on Apples top 200 Newspaper and Magazine Chart

On February 10<sup>th</sup> I participated in Area 83 - Eastern Ontario International Virtual Service Information Day. I attended several of the virtual workshops on that day. All were extremely well done.

As per my custom I will end my report with the Grapevine Daily quote:

*"The beauty of A.A. lies in knowing that my life, with God's help, will improve."*

Yours in Service, **Debra**

### **Archives:**

Hi friends I am an Alcoholic, GSR of the Quinte Group and your District 34 Archives chair, my name is Rick M.

A few things I've been up to this last month:

I received group histories from the Consecon and Pathfinders Groups. I want to thank both groups for taking the time to complete these. I will catalogue and file them.

I finally made it over to the library and took a look at the District 34 archives. Amanda, who is the archivist and also knows a quite a bit about us, was really helpful to fill me in on the do's and don'ts.

Some of these were about the re digitising of older media (eg. CD's and USB drives) which apparently can be unreadable in as short a time as 5 years. The library will take our media and put it securely onto the cloud. So, if anyone has archival materials on CD or USB drives I can take them over. This was a "Do". Ordering pizza to the archives area, was a "don't".

That brings me to, "what is archival material"? Are "Oldtimers" archival material? Hmm...remember, no pizza in the archives room so I guess the answer is no. Plus, who would be there to patiently listen to our "new and amazing" ideas that have "never been thought of before", at the start of every new term

Most of the stuff we *can* take are paper, CD's and USB Drives for transfer, older or significant copies of the Big Book (eg. a first or second edition or a group founders Big Book) a founders medallion or medallions, group table covers and smaller hand made items by a group member are some examples.

Stuff like gavels or generic picture frames, large items like a set of hand made slogans, copies of the grapevine (unless from the 1940's or 50's) or other printed material that is relatively abundant is not really suitable to the space we have at the library. If you are in doubt, please ask me and if you have an important item from your group that we cannot house at the present time, please arrange to keep it.

I will be going to the archives every week and hope to receive more group histories to read and catalogue and go over in more detail the material that is there. Carman has asked for a history of District 34 which had not been logged in the summary but we may have. I'd also like to make up a map of the groups in the district both active and past.

In closing, I'd like to thank the many past archives chairs for their work in preserving AA's history in our district.

YLS, Rick

#### **Self-Support:**

I am an alcoholic and my name is Theresa.

In a recent message from the General Manager at GSO - January 25, 2024 (Bob W.), indicated:

*"Your positive response and increases in participation and dollar amounts have been very helpful to operations in the last few months, however, we are still facing difficulties meeting expenses. Gross literature sales in December were strong, but profits for 2023 will be below budget. As I mentioned in my November message, the reduction in literature sales and profits has been the driving factor in the loss in income. Although contributions have increased post-pandemic, literature profits have dropped at a higher rate. Our literature is a vital spiritual tool and service to our Fellowship. The volume in which it is purchased is based on the needs of the Fellowship. It is very important to keep it affordable so it can be distributed as widely as possible and assuring it finds its way into the hands of those who need it. But we cannot rely on increased literature profits to solve our financial challenges. In addition, the ability to rebuild the Reserve Fund is also challenging. As of December year end, the balance is sufficient to cover approximately 7.28 months' operating expenses, which is less than the general expectation of 9 to 12 months."*

GSR's are asked to please pass this information along during Business Meetings, in the hope that contributions to GSO can be increased from the groups in our District.

The common theme of self-support, is to ensure that all groups and individual members are aware that Alcoholics Anonymous is self-supporting through our own money and time.

I have continued to go to various groups in our District, offering support to GSRs & Treasurers to provide short presentations on self-support. In addition, there are some excellent electronic resources available on the Area 83 website (Self Support Resources).

Yours in Service, Theresa B. District 34 Self-Support

**PIC:**

Received the TAS contract and attached to report (not received by secretary). It cannot have better rates negotiated into it.

There is a possibility of finding another service, but uncertain where to find such a service.

Les suggested contacting someone in District 36 for information about a program called "Callture" [www.callture.com](http://www.callture.com) Callture uses two lists – 1 women and 1 men, similar to TAS - price much better

*(From email describing Callture to Les):*

*Callture, <https://www.callture.com> has been around since 2000 and is based in Mississauga. District 36 has been using it for about 5 years. They pay \$10.95/month + HST.*

*In 2023 the averages per month were: Total calls = 26, unique calls = 17, answered calls = 9, hangups after AA members answered = 8, Callture voicemail = 1, dropped calls = 8.*

*The person administering the account adds people to the account and puts them into a calling queue. We have 2 queues, one for female callers and the other for males. The outbound message asks the caller to select 1 if they wish to talk to a woman or 2 for a man. Option 3 is to leave a message in Callture's system. When placed in a queue, the individual's availability to set up. Eg: Mon-Fri 9am-5pm or 24hrs/day 7 days. Ours are all 24/7.*

*The 'monitors' will see a message on their phone that they're getting a call from Callture. So they can choose to ignore the call. The call is being broadcast to everyone in the call queue at the same time. This is why we have so many calls that are hang-ups after a monitor's voicemail answers the call. Some people will make repeated calls trying to speak to someone. Some simply don't bother to try again.*

*I don't know if getting the monitors to commit to certain times of day and days to answer calls would improve things. As it is right now, it's very ad hoc. Changing the number of rings Callture waits before answering (probably 3 or maybe 4) might get more people to leave a message. But it may also mean that there'll be a lot more calls that will need to be followed up.*

**Conference:** No meeting until May.

**5. OFFICERS REPORTS:(only copies of the reports that are emailed to you are included)**

**TREASURER:**

**Month of January 2024**

Balance forward from last month		<b>\$2,390.38</b>
<u>Incoming contributions</u>		
Trenton Group	\$35.00	
Trenton Group	\$312.00	
New Hope Group (e-transfer)	\$200.00	
7 <sup>th</sup> Tradition (current Dist meeting)	\$60.00	
	Total Incoming	\$607.00
	<b>Sub total</b>	<b>\$2,997.38</b>
<u>Expenses</u>		
***Extend Communications (approx)	\$150.00	
Bank Charges	\$2.50	
Kelly Morning (Cloud-January)	\$10.17	

Idigital internet (Cloud-Feb, Mar, April)	\$30.51	
Total outgoing	\$193.18	
<b>Closing Balance</b>		<b>\$2,804.20</b>

Reserve Account		
Balance forward from last month		<b>\$1,047.00</b>
Interest Earned this month		
Closing Balance		

\*pre-authorized debit

**Month of February 2024**

Balance forward from last month		<b>\$2,804.20</b>
<u>Incoming contributions</u>		

Stirling Friday Night Group	\$100.00
Foxboro Group	\$200.00
Foxboro Group	\$300.00
One Page at a Time Group	\$998.70
Consecon Group	\$75.00
Tweed Group	\$100.00

7 <sup>th</sup> Tradition (current Dist meeting)	\$57.25
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Total Incoming	\$1,773.70
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<b>Sub total</b>		<b>\$4,577.90</b>
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Expenses

***Extend Communications (approx)	\$150.00
Bank Charges	\$2.50
Chq # 288 GSO	\$500.00
Chq # 287 Area 83	\$500.00
Chq # 289 Carman D (website)	\$998.92

Total outgoing	\$2,151.42
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<b>Closing Balance</b>		<b>\$2,426.48</b>
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Reserve Account		
Balance forward from last month		\$
Interest Earned this month		
Closing Balance		

\*pre-authorized debit

**DCM:**

Good Evening

I am an Alcoholic, Member of the Primary Purpose Group. My name is Carla and I am pleased to be serving as your DCM. I am sorry I can't be there with you tonight but work commitments have pulled me to Ottawa for the week. Thank you Steven for chairing the meeting tonight and for presenting my report.

This month I attended the Service Information Day on February 10. This virtual event was reminiscent of the Covid Service Information Days – however it was still well attended with 50-80 people signed in. The Service Information Day will continue on a virtual platform for the next 3 years.

James O'D gave a wonderful presentation which included information about the PCAS information sharing sessions and how to increase member engagement. For anyone who might be unsure what PCAS means – it stands for "Pre-Conference Agenda Sharing". James – our delegate in Area 83 – will be attending that General Service Conference and will be sharing where Area 83 stands on issues included on their agenda. As an Area our role is to prepare our Delegate through the PCAS sharing sessions to occur the Saturday of Assembly weekend.

As a District within Area 83, I want to ensure that we have some time to review and take these discussions back to our groups. Near the end of the month James will be sending out items and Area 83 has asked that Districts dedicate some time to review these items during the March District meetings so that we arrive prepared for Assembly. To that end – next month our District Meeting will be formatted a little differently so that we have time to review the information which James will be sending out about the PCAS items at the March Meeting.

Between now and then, please make sure that you are indeed sharing with your groups the information Pat sends out. It is important that our Delegate is prepared and that we as members of Alcoholics Anonymous do our part to share this information with members. One of my own takeaways from James' presentation was his message that "we all love AA – just differently" and so it is vital that we all stay involved.

In Service, Carla W

**Alt DCM:**

Good evening, District 34 friends. My name is Steven, a grateful alcoholic, member of the Stirling Friday Night Group and your Alternate DCM. I met with Brad S. our contact at the defunct One Page At A Time Group. He handed over to the Table the sum of \$998.70 in cash accumulated under his group's 7th. Tradition as well as five 4th. edition hardback Big Books, one 4th. edition softcover large-print Big Book, four 3rd. edition hardback Big Books. three laminated copies of the Third Step Prayer, one laminated copy of the 12 Steps/12 Traditions and a few pamphlets. The books are used and not saleable but they would be fine to give to a newcomer or for a Big Book study group. I suggest that the Table gives the softcover Big Book to our Corrections Sub-Committee and that the remaining items perhaps available to any Group or person with a donation for the same being made to the Table. Also, Laura M of the Stirling 12 Step Sunday Morning Group gave me a softcover 12+12, a few Grapevines and several Hazelden softcover books donated by a friend for our Corrections Sub-Committee purposes. That's all folks. Yours in Service.

**Secretary**

**Area 83 Reports forwarded to District:**

<b>Date Sent</b>	<b>Subject</b>
Feb 03	Call for Stories - "Do You Think You're Different" – REMINDER
Feb 03	Message from the General Manager at GSO - January 2024



Feb 03	Virtual Service Information Day - February 10th + Workshop Descriptions
Feb 08	February 7, 2024 Correspondence from the Trustees' Literature Committee
Feb 08	next GSR Workshop
Feb 08	Items for Agenda
Feb 08	January minutes, District mailing list, Operating procedures
Feb 10	Final Agenda - 74th GSC
Feb 16	Special and Local Forums Communication
Feb 16	District 34 Website Up and Running!
Feb 16	February Agenda
Feb 16	District 34 Website Up and Running! CORRECTION!!
Feb 28	Spring Assembly April 5 - 7, 2024 - GSR Invitation and Agendas
Feb 28	Q4 2023 Financials
Feb 28	January, 2024 Regional Report/Janvier 2024 Rapport régional/Enero, 2024 Informe Regional
Feb 28	January, 2024 Regional Report/Janvier 2024 Rapport régional/Enero, 2024 Informe Regional (Duplicate, sorry)
Feb 28	Assembly Registration

I did look at some of the District Operating Procedures for updating the appendices, but have not made any changes as yet.

Bev – when was the district mailing list sent out? February 8<sup>th</sup>.

## 6. OLD BUSINESS

## 7. NEW BUSINESS

I am an alcoholic, currently serving as GSR for Women Living Sober and my name is Bev.

I would like to present the following **Notice of Motion**:

**That District 34 change the monthly meeting time of our District meeting from 8:00 pm to 7:30 pm.**

We have many meetings in our district with a start time of 7:30 and these meetings are just as well attended as those meetings that begin at 8:00.

There are times we have district business that goes beyond a typical one hour and this earlier start time would allow for more discussion and decisions being made for the betterment of District 34 and being able to carry the message to the still suffering alcoholic.

For those of us who work. For the most part – people are finished work by 6:00 pm. This still allows for time for dinner and/or any other commitments that need to be addressed before attending the monthly District meeting.

I would ask that you consider this notice of motion when you are having your monthly business meetings.

Yours in Love and Service, Bev H., GSR, Women Living Sober

**NEXT MEETING DATE: March 28, 2024**

## 8. SHARING TIME:

Terry – someone broke someone else's anonymity on facebook – someone who had passed

Carman – There is a letter by GSO to be sent out to people who break other people's anonymity

Bev – this letter should be share to groups and on the website

**9. CLOSED WITH THE RESPONSIBILITY DECLARATION FOLLOWED BY THE LORD’S PRAYER.**