

DISTRICT 34 Minutes for March 28, 2024 MEETING

1. THE MEETING WAS OPENED BY CARLA W WITH A MOMENT OF SILENCE FOLLOWED BY THE SERENITY PRAYER.

READINGS OF THE: 12 TRADITIONS: Randy M – Lennox Group

12 CONCEPTS: Mike M – Happy Destiny Group

ACCEPTANCE OF THE PREVIOUS MONTH’S DATED MINUTES

Motion: Les M – Foxboro Friendship Group

Seconded: James D – Lunch Bunch Group

Accepted

2. ACCEPTANCE OF THE CURRENT AGENDA

Motion made by Bev H – Women Living Sober, that we amend our typical agenda to allow us to review and discuss PCAS information as requested by Area 83. Reports will not be read but will be included in our minutes.

Seconded by Lillianne T – PIC. Motion carried

Motion: To accept modified Agenda – Steven M - ADC

Seconded: Rick M – Quinte Group

Accepted

ROLL CALL: The Following Group Service Representatives were in attendance

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

Sub Committees: Public Information
CPC
Corrections
Archives
Conference

Officers: DCM
Alt. DCM
Treasurer
Secretary

Visitors: 1

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

TREASURER:

Month of March 2024

Balance forward from last month		\$2,426.48
<u>Incoming contributions</u>		
Stirling Friday Night Group	\$100.00	
Picton 12 X 12 Group	\$150.00	
Trenton Group	\$35.00	
7 th Tradition (current Dist meeting)	\$61.00	
Total Incoming	\$346.00	
Sub total		\$2,772.48
<u>Expenses</u>		
***Extend Communications (approx)	\$150.00	
Bank Charges	\$2.50	
Chq # 290 GSO	\$750.00	
Chq # 291 Area 83	\$750.00	
Total outgoing	\$1,652.50	
Closing Balance		\$1,119.98
Reserve Account		
Balance forward from last month	\$1,047.00	
Interest Earned this month		
Closing Balance		

*pre-authorized debit

DCM:

Good Evening Friends. I am an Alcoholic, member of the Primary Purpose Group and I am honoured to serve as your DCM.

Tonight's meeting will run a little differently. In my report last month I relayed the request from Area 83 that each District dedicate time in their March Business meeting to review their assigned PCAS content.

Many of us may not be clear on what this PCAS is or why it matters. PCAS stands for “Pre-Conference Agenda Sharing” and our sharing session will be at St. Lawrence College on April 6th (the Saturday of Assembly weekend). The purpose of these sessions is so that our Delegate has the opportunity to hear the “voice” of Area 83. As representatives of your group – you are the top of the triangle and your voice matters.

Every year in the spring, Alcoholics Anonymous has its annual business meeting. The meeting is called the General Service Conference. This conference is a week-long and the agenda items are to be discussed in advance among members of the Fellowship. Each Area sends a Delegate – our Area Delegate is James O’D– and it is the Delegate’s responsibility to bring the collective experience and group conscience of their respective areas to the Conference.

In order to be sure that all agenda items are discussed, Districts were randomly assigned to committees. Our district was assigned to the Finance Committee.

By now you have received the back ground information for the Finance Committee, as well as the back ground information for all of the Committees in hopes that you would have time to review, discuss and come tonight prepared to share the voice of your group.

Think of this as a “practice session” for the PCAS day on Saturday April 6!

Tonight we will start with the Finance Committee and – time permitting – we can also discuss other agenda items. On Saturday I encourage you to attend these sessions – either in person or hybrid – and contribute or at least be present with the ideas/discussions.

And not to be outdone – please also join in for the Assembly (our Area’s business meeting) on Sunday April 7. This is where our GSRs fulfill their responsibility as the vote and the voice of their groups. We had AMAZING participation at the Fall Assembly – with 37% of District 34 groups attending – this was the highest delegation in years and I am sure we can have an even higher percentage this year.

It’s an exciting time to be a member of Alcoholics Anonymous and I am very grateful to be on this journey together.

Yours in Love and Service Carla

Alt DCM:

Good evening District 34. My name is Steven. I am a grateful alcoholic, a member of the Stirling Friday Night Group and honoured to serve as your Alternate DCM.

I attended two medallion celebrations this month - Leonard P's 40-year at Picton 12 + 12 on the 20th. and Jackie S' 20-year at Women Living Sober on the 25th. I completed the Anonymity on Social Media Survey, which only takes about 10 minutes to do, as I consider it important to provide feedback to GSO on matters affecting our anonymity and AA as a whole.

I am looking forward to attending the Area's Spring Assembly next weekend and hope to see a decent turnout from our District.

Yours in Love and Service.

Secretary:

Area 83 Reports forwarded to District:

Date Sent	Subject
Mar 18	Update on Quarterly Contribution Statements
Mar 18	Meeting Guide App Error Message
Mar 18	PCAS Topic Finance
Mar 20	February District Minutes

Mar 27	Eastern Canada Regional Forum
Mar 27	AAWS Highlights, January 2024
Mar 27	Anonymity on Social Media Survey
Mar 27	March District Agenda
Mar 28	Posters for International Convention

4. DISCUSSION OF PCAS INFORMATION:

Agenda Topics for the 74th General Service Conference – Finance committee

Item A: The General Service Board should develop supplemental reporting focused on the actual costs of the various service items we provide, with an initial draft being brought back to the Conference Committee on Finance for review at the 75th General Service Conference. The Trustee's Finance Committee met in October 2023 and recommended forwarding this proposed agenda item to the Conference Finance Committee to the 74th General Service Conference.

Feedback Request: Does the fellowship have a good idea of what services are funded by the General Service office and what the breakdown of costs are? Should the groups have more say in what new online services we should fund? How do we determine which services to pursue and which to abandon? Do we base our decisions on cost or on their value to the fellowship? (For instance, the cost of producing and circulating LaVina far exceeds its revenue).

General consensus around the District table was that most of us have little if any good idea of what is being funded by the General Service office. We generally do not believe that we, in our District, are able to determine which services to pursue or abandon. Varying factors influence our decisions, and we do not have adequate information to make informed decisions.

Question:

1. Do the groups want to see a breakdown of costs of current and new services communicated to them from the GSO?

District answer: Yes

2. Do the groups want more input/say in what services GSO provides with the funds that they contribute?

District answer: Yes

Item D: Review video “Hope: Alcoholics Anonymous” for effectiveness and relevance*

Feedback Request: 1. Is information in the video up to date? For example, have the ways to find AA change? (note: avoid referring to phone books for example)

2. Does the video include slogans or tag lines? Are they up to date?

3. Does video convey a message the organization is currently looking to get across?

4. Consider the value of having the message presented in a fresh, new way. Does the age of the video diminish its value?

5. Are issues discussed in the video timely or dated (are past events like Olympics or Presidential Campaigns mentioned?)

6. Do scenes portray real world issues/current society, or do they seem far-fetched?

7. Do scenes appear dated (hairstyles, clothing, way of speaking, etc.)

8. Does the video production value hold up?
9. Does the video reach a wide audience demographic, or does it appear to reach a more targeted audience?
10. Is the call to action and contact information on the video still current, and correct?

Discussion:

- *most content is relevant*
- *this video is used at the treatment house on the Sunday night orientation*
- *good cross-section of people represented*
- *parts of video viewed – generally relevant*
- *helpful/relevant to social work students*
- *does seem to answer questions that a newcomer doesn't even know that they have*
- *located at aa.org/resources*

Question: Is the video “Hope: Alcoholics Anonymous” relevant and effective for CPC/Treatment & Accessibilities?

District answer: Yes, for those who have seen the video

Item C: Review progress report reflecting shared experience from the Fellowship reflecting on possible future changes to literature written by A.A.'s founders.

Feedback Request: SUGGESTED QUESTIONS FOR DISCUSSION

1. Do you think that A.A. Founders would object to or embrace revisions to their writings? If yes, why? If not, why?
2. Do you think the Founder's writings are effective in reaching new members? If not, what measures do you think can be taken to resolve this issue?
3. What reasons would you consider for changing our Founder's writings?
4. How do you feel about changing A.A. Founders' writings to replace outdated references?
5. What suggestions do you have for preserving the Founders' writings, along with keeping pace with our current A.A. Society and its future?
6. Should there be a special Conference process for approval of changes to our Founders' writings? (e.g., super, or qualified majority – 75%, and/or two-year consideration process.)
7. What additional ideas, thoughts, or suggestions can you share about changing or not changing the Founders' writings?

Discussion:

- *without knowing what the changes are, we can't give an informed opinion*
- *many of the different ways of expressing are referenced in the prefaces – the basic text is taken from the original time*
- *the preamble was not written by the Founders, it was written by members at GSO and modified by GSO at the request of the membership*
- *stories should not be changed*
- *differences in literacy levels may make necessary some changes*
- *some are saying “if it's not broke, don't fix it”, it has worked for so many already, why change?*
- *if we change some words or phrases to accommodate some people, then we lose some/much of the meaning*

- *changes to the BB would require making changes to all formats, including recording audio versions that are available resulting in much cost needed*
- *referring to out-dated references*
- *why is the Finance Committee being asked about changes to literature?*
- *If we change any of the Big Book, we could lose A.A. - stories yes. First 164 – no*
- *don't make changes to the 164*
- *Is it good for all of A.A., or just a few people?*
- *Since this is the financial section, what costs are involved?*
- *New book approximately 180 pages – more of a study guide*
- *PLBB was approved by the fellowship to ENHANCE the learning, it will NOT REPLACE the BB*
- *changes from the original manuscript to the printed copy were made by Bill W*
- *1995 resolution that the BB never be changed*
- Question:** Should changes be made to the Founders' writings to replace outdated references?
- *District answer: **No, never***

Item B: Review Self-Support packet

Feedback Request:

1. Are you or your group aware of the Self-Support package?
2. Do you have a Self-Support Group Rep? Self-Support District Chair?
3. Do you read the Self-Support Card at your home group?
4. For long-timers, how effective is the Self-Support resource materials?
5. Can the language, images, or content be improved or modified? How?
6. Paper versus digital format – cost, effectiveness, usage?
7. Use of QR codes on Self Support Literature – cost to implement, effectiveness.
 - self-support card lengthy, some groups don't want to hear it
 - some groups keep card on a bulletin board for reference
 - birthday envelope almost never used
 - surprising just how much information is in the package

Question: How effective is this material in carrying the message of self-support? (We are self-supporting through our own contributions)

*District answer: **Satisfactory***

5. OLD BUSINESS

Notice of Motion – That District change the monthly meeting time of our District Meeting from 8:00pm to 7:30pm – to be carried over to the April District Meeting.

6. NEW BUSINESS

Motion – That we change the mileage allowance from \$0.35/km to \$0.50/km to be in line with the Area. - Steven M, Seconded by Kelsey

Steven – CRA rule is \$0.70/km, but to double the allowance at the present time is too much, better to match what the Area agreed on last fall.

Lillianne – who gets the mileage?

DCM – District covers Officers attending, individual groups may decide to support their GSR

Kelsey – why is it \$100.00?

DCM – it is in our Operating Procedures

Motion carried.

NEXT MEETING DATE: April 25, 2024

7. SHARING TIME:

Kelsey – looking for funds

DCM – email to Secretary, will be included in minutes

ADCM – Operating Procedures are available on our website

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

9. GSR GROUP HIGHLIGHT REPORTS: (only emailed reports are included in this section)

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. We have had a steady attendance over the past month ranging from 10-16 people. We are self-supporting through the 7th tradition. We have 1 new member and had one birthday on March 20th for Geoff F. who celebrated 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 12th step is a spiritual awakening; we hope to see you soon.

In Love and Service, Mike B

Trenton Group: The Trenton Group is doing very well and is financially healthy. We are able to send the GSR to the Area Assembly.

We had a fairly good discussion about PCAS topics at our last business meeting.

There are no upcoming medallions.

In love and service, Cheri GSR

10. SUB COMMITTEE REPORTS: (only emailed reports are included in this section)

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:
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"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

Corrections:

Here's our District Corrections Report for March 28, 2024.

Millhaven Institution: Our meetings are at a standstill, we haven't had a meeting in there since a couple of months, always some issue in our way when it comes to having a A.A. meeting, usually some other group takes the room or staffing issues are the cause. We keep calling and try to get the meetings back on track.

The Pre- Release Fair will be coming up at the end of May for all Federal Institutions around us and Neil W and I will be attending the two Days that are booked for Bath and Millhaven.

Bath Institution: here the A.A Meetings are running very well with usually 15 - 18 inside members in attendance. We're pretty close to finishing up the Back To The Basics 12 Steps. Then they want to go through our Big Book. Neil W our Corrections Chair will be home soon to lend a hand. The H-Our Gr here have made a Donation to District 34, but it's being held up at the Institution and is presently being worked on. Plastic Chips are handed out at the meetings

Quinte Detention Centre: The meetings here are running well so I've being told by our volunteers, who go in on different week days and times, I presently go in on Thursdays for 1300hrs when allowed. Went

in last week and held two meetings with six ladies each. Sometimes the volunteers run in to challenges but they are usually corrected. Tammy Webster the Social Programmer here is presently in the process of trying to get Plastic Chips in there.

Thanks for allowing me to be of Service to District 34.

Cheers Les M Alt Corrections Chair

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 have reached out to Emma at the Grace Inn and Shelter about the meeting proposal we put together last month and there has been no decision made as of yet. I will reach out again in the first week of April.

There has been no Bridging the Gap requests this past month.

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

In Love and Service, Mike B

PIC:

Good Evening, member of the New Hope Group Sunday Night at 8 PM Pine Street.

I called Callture and spoke to a man, it is a automatic answering system they will give us a new 800 # if needed. I confirmed with Cathy that the 800# we are using right now is not ours it belongs to TAS.

When I was Toronto at the ORC, I got a chance to talk and check out there answering system. As they had a display table. They forward the phone number to members home or cell phone and don't use a answering system at all. Given the fact that we don't have a very large amount of calls that may be something to talk about.

I will be going to the assembly and there I am hoping to speak to other PI members and get info on what they are using in their district. I will be attaching the TAS contract (attached to minutes) and the explanations to your questions from January meeting.

Yours in service, Alcoholic Lilliane

(Communication String:)

PI: The district table is asking for an explanation.

What entails Secretarial, Check-Ins, Call-Outs, and Voice mails.

Also is it possible to get a copy of our contract?

The table would like to renegotiate the cost of your service.

TAS: Secretarial calls are all inbound calls that come through on your account.

Check-In calls - check-in calls from the client retrieving messages, calls to voice mail then change back to an operator.

Call-Outs are any outbound calls that occur on your account.

Voice mail calls are any calls that are routed to your voice mail.

I have attached your current agreement that was signed back in 2015.

There has been increases since then due to rising inflation and costs.

Your current costs are as follows:

Base Rate for answering services is \$96.90/per month and your minute charges are \$1.10/per minute.

Patching costs are \$0.25/per minute but we do not normally patch your members to callers.

Your minutes are based on all operator time that is spent on your account.

Anytime time your account is open (we call highlighted) with work being completed; speaking to a caller, obtaining all necessary information, providing information to the caller, dispatching a call out, account changes.

Your Stat Holiday Fee, Bell Line Fee, Emailing is at no charge.

All voice mail minutes are also given at no charge.

If you are requesting a renegotiation of costs please let me know and I will speak with sales.

Just to clarify, you have 9 voice mail boxes - you have the main mailbox that filters the call and 8 meeting mailboxes for different locations.

All of these mailboxes are given to you at no charge.

Grapevine:

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

It has been a quiet month for the Grapevine. I attended the Area 83 monthly Grapevine meeting on March 3rd. The Grapevine Rep toolkit is being revised. Hopefully it will be available soon to those looking to become new GV reps. I will keep you posted.

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

“I was so busy juggling the regrets of the past with the expectations of tomorrow I had no time for living in the present.”

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 Triangle Unity and Primary Purpose groups. I would like to thank all members who have given me their group histories and encourage all GSR's to explore this unique opportunity of service that ensures our histories remain accessible for those members who are interested, those who may need the guidance of the past, and those yet to experience the miracle of AA.

I have also been working at the library on our Archives materials. First job is to upload copies of CD's to the cloud. Some of these are 15 years old and may be degrading. All of our digital media should be Archived this way. I believe we can get a free google cloud account with plenty of storage for our needs. I have purchased a CD/DVD reader/burner and will ask the District for re-imbursement (about \$45.) We will also need some binders and acid free page protectors for the storage of physical documents.

I spoke with fellow Archivist Eddy G. of the GTA archives committee and he may want copies we have of early 1970's Area Committee Reports if this is ok with the District. I hope to also attend next month's GTA Archives committee meeting.

YLS, Rick