

## DISTRICT 34 Minutes for November 30, 2023 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 MacD, Happy Destiny Group

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

Amend previous minutes roll call to read "Bath H-our Group instead of Bath HR Group"

Motion: Steven M, Stirling Friday Night Group

Seconded: Debra B, Bath Rebuilders Group

Accepted as amended.

### 2. ACCEPTANCE OF THE CURRENT AGENDA

Motion: Inge D, Triangle Unity Group

Seconded: James D, Lunch Bunch Group

Accepted

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

- |                                    |                                 |
|------------------------------------|---------------------------------|
| 1. Attitude Adjustment             | 12. Primary Purpose Group       |
| 2. Bath Rebuilders Group           | 13. Quinte Group                |
| 3. Belleville Sunday Morning Group | 14. Second Chance Group         |
| 4. Cannifton Friday Night Group    | 15. Solution Group              |
| 5. Consecon Better Life Group      | 16. Stirling Friday Night Group |
| 6. Friday Happy Hour Group         | 17. Sunrise Group               |
| 7. Happy Destiny Group             | 18. Trenton Group               |
| 8. Lennox Group                    | 19. Triangle Unity Group        |
| 9. Lunch Bunch                     | 20. Women Living Sober Group    |
| 10. Marysville 12&12 Group         |                                 |
| 11. Picton New Life Group          |                                 |

**Sub Committees:** Treatment  
Grapevine  
Archives  
Conference

**Officers:** DCM  
Treasurer  
Secretary

Visitors: 2

**3. GSR GROUP HIGHLIGHT REPORTS:** (only rewritten reports that are emailed to you need be included in this section)

**Stirling Friday Night Group:** Good evening, friends. My name is Steven, a grateful alcoholic and GSR for the Stirling Friday Night Group. Attendance is still pretty good at our Friday Night open speaker and Wednesday Night 12 + 12 closed discussion meetings. The Group's finances are OK, although quite a bit light due to the GSR's Area Assembly expenses being paid. However, we still have a prudent reserve for three months' rent. Birthdays In December are: Randy M 22 years on the 1st., Teresa G 6 years on the 14th., Jeremy A 6 years on the 30th. and Barb 36 years on the 31st. There is one medallion celebration in December: Jess W's one-year will be tomorrow night, Friday the 1st. There will be sandwiches, other goodies and, of course, a cake. All are welcome! Yours in Service. Thank you.

**Primary Purpose Group:** I'm an alcoholic, GSR for the Primary Purpose Group and my name is Mike. It's an honour to be at this table representing a new group in our District. Our meeting is being 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. It is a SOLUTIONS based meeting where we read from the Big Book and then share on the reading or how it pertains to the steps at hand. Please come and join us, all are welcome!!!

Our first meeting was on November 1<sup>st</sup>. There was so much interest after the first meeting that a Group Conscience was held after the second meeting, and it was decided that we were going to make this a registered group. We have registered through Area 83 and GSO. We have 9 members as of today, and have filled the GSR, Alt-GSR and Secretary positions in the group thus far. We have averaged 12-16 people per meeting. Our 7<sup>th</sup> is healthy, and we are able to be self-supporting. We are looking to collect enough money over the coming months to have a prudent reserve; at which point we will open an account and elect a full-time treasurer.

The idea for this meeting came from prayer, meditation, and guidance from a loving powerful God. Our basic text, Alcoholics Anonymous, holds the instructions to our 12 steps, the only solution we have to alcoholism. A way to find and grow a relationship with a Power greater than ourselves. It's our PRIMARY PURPOSE to carry this message to the still suffering alcoholic.

Thank you to all who have come out to support our group. We are so happy to be a part of District 34!  
In Love and Service, Mike B

**Picton New Life Group:** Our meeting attendance continues at about 20 people each Sunday morning and finances are stable.

It is my pleasure to report that a new member of our group has volunteered to be our Group Service Rep.

Christine Beverley is with us tonight and, with your permission, I would like to give her an opportunity to introduce herself.

Yours in service, Rob J, Alternate GSR

**Out of the Fog Group:** I 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.

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

On Tuesday December 19th, there will be a 1 year medallion celebration for Deborah B. Cezar S. will have 7 years on December 24th.

Yours in Service, Theresa B. GSR

**Cannifton Friday Night Group:** Report from Cannifton Friday night group, GSR Kim S

Finances are good and attendance is great (25-40 attending). There will be a 1 year medallion for Phil on December 22. There will be no Gratitude meeting this month. There will be a extra donation given to the Church this month to show our appreciation.

Yours in service , Kim S

#### **4. SUB COMMITTEE REPORTS:** (only copies of the reports that are emailed are included)

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

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

I attended the 39<sup>th</sup> annual GTA Archives breakfast with 3 other Belleville and Kingston area members on Nov. 5th, I believe it was the first time attending for them. The breakfast was a huge success, sold out and there were even thirds or fourths on the breakfast and lots of banana bread packaged to take home. In my 20 years attending, this was a first!! Our speaker, Mari G. had us in stitches one minute and tears the next. Her talk was inspiring and as she comes up on 40 years sober shows that the program works!

I attended the Foxboro Group on Nov. 6<sup>th</sup> for Ashley's 5 year medallion. A very heartfelt celebration with a newcomer going up for her desire chip and many female members talking to her afterwards. Congratulations Ashley and many more.

I also attended the Belleville Roundup on Nov. 18<sup>th</sup> with my spouse and enjoyed all of the AA and Alanon talks. The dinner was top notch. Thank you to all of the volunteers and participants who did a great job!

I have also had many discussions with Bruce K of the Stirling group. He sent me their group history and I hope to get together to take down Bruce's personal journey in AA as well.

As many of you know, the Madoc group had their last meeting about a month ago. Longtime member Carman has given me the groups tablecloth and binder to look over and eventually take over to the Archives repository.

Lastly, and seemingly unrelated to AA, I met my neighbour from across the street for the first time last week. She told me she is the librarian for the Belleville Public Library, where our archives material is stored. It should be interesting when I visit next week for sure!

YLS, Rick M

**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 attended the Service Information Day at our Fall Assembly on October 28<sup>th</sup> at St. Lawrence College. I made a 20-minute presentation during the Treatment Workshop. I shared my experience on my journey from being a client at a treatment facility to becoming the District Treatment Chair and what that has done for me on my path of recovery. It was a well-attended workshop and a great experience.

I have reached out to Addictions Program Manager at CMHA Hastings Prince Edward Addictions and Mental Health Services again to see if there is any literature or information that we can provide to various parts of the community or if we can help start a meeting somewhere. I haven't had a response, but I will follow up in the near future.

There hasn't been any Bridging the Gap requests brought to our District over the past month.

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

**Grapevine:** Good evening, everyone. My name is Debra and this is the Grapevine report for November.

**New from Grapevine Publishing:**

**A special 20 % savings on all Grapevine products until Dec 31, 2023 PLUS FREE SHIPPING!!!**

**Visit [aagrapevine.org](http://aagrapevine.org) for more information.**

The Pocket Planners and Calendars are in. I have distributed them all. Thank you to those who supported the Grapevine with your orders.

I attended the Belleville Conference November 18<sup>th</sup>. The Grapevine products were well received. I sold over \$100.00 worth of books.

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

**“As I continue to see the inherent worth and dignity in every human being, I will continue to live on a more level playing field with everybody.”**

Yours in Service, Debra

**Webmaster: Website Progress Report November 30, 2023**

The final draft of our new website will be at Kasama Marketing by the middle of December.

Final cost to the district will be \$850 - \$900 (\$565 for completion of the site & \$285 for annual cost of Squarespace)

The new site should be easier for a new webmaster to manage and hopefully increase traffic to the site. Membership access to what is going on in our District, Area 83 and General Service Office is why we have a website.

The following changes and the motion on the table should help with that goal.

**CHANGES**

Focus on newcomers with the addition of 2 videos, a questionnaire. and the safety card

In addition to the links in our present site we have added links to, Grapevine, Box 459, Self Support Card and the 1941 Jack Alexander Newspaper Article.

Online form for Medallions, Birthdays and Events that can be forwarded directly to the webmaster.(this will reduce other forms of communication).

Descriptions of the responsibilities of District Officers and Sub-Committee Chairs

Also looking at the creation of a District Calendar

Yours in love and service Carman D

**Self-Support:** I am an alcoholic and my name is Theresa.

In a recent message from the General Manager at GSO - November 17, 2023 (Bob W.), noted there is a shortfall in finances.

"If your group is able, in the spirit of Gratitude Month, please consider a special contribution to the General Service Board."

Contributions can be made through [aa.org](http://aa.org) or by mail.

General Service Office

P.O. Box 2407

James A. Farley Station

New York, NY 10116-2407

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

**Conference:** No news until next May.

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

**TREASURER:**

**Month of November 2023**

Balance forward from last month **\$3,800.00**

Incoming contributions

Stirling Friday Night – chq \$100.00  
Foxboro – chq \$200.00  
Trenton Group – chq \$35.00  
Consecon – cash \$200.00  
Happy Hour – cash \$140.00

7<sup>th</sup> Tradition (current Dist meeting) \$87.10

Total Incoming \$762.10

**Sub total \$4,562.10**

Expenses

pac\* TAS \$115.71  
Bank Charges \$2.50

chq # 278 Carman D (reimburse website costs) \$565.00  
Chq #279 Room Rental Nov to June (8 months) \$506.24  
Chq #280 Area 83 \$500.00  
Chq #281 GSB (New York) \$500.00

Total outgoing \$2,189.45

**Closing Balance \$2,372.65**

Reserve Account  
Balance forward from last month **\$1,040.00**  
Interest Earned this month \$2.38  
Closing Balance **\$1,042.38**

- \*pre-authorized chq

**Inge D. moved that we send \$500.00 to Area 83 and \$500.00 to GSO. Bev H. seconded, motion carried.**

**DCM: At end of minutes.**

**Secretary:**

**Area 83 Reports forwarded to District:**

<b>Date Sent</b>	<b>Subject</b>
Nov 07	Take the A.A. Membership Survey now! Closes November 26, 2023.

Nov 07	GSB Announcement
Nov 10	Next GSR workshop
Nov 10	Class A Trustee Vacancy
Nov 10	October District Minutes and District Contact List
Nov 12	Dec 2-3 2023 CPC & PI Conference - Share the Date & Register NOW - Del 2
Nov 16	Area 83 Archives Newsletter - The Eighty-Three
Nov 16	Quarterly Financial Report – Alcoholics Anonymous (“AA”) September 30, 2023 (End of Third Quarter) Unaudited Financial Statements
Nov 16	Announcing: “A Trio of Holiday Special Offers!”
Nov 18	October, 2023 ECRT Regional Report
Nov 18	Message from the General Manager at GSO - November 2023
Nov 18	Message from the General Manager at GSO - November 2023 (sent twice)
Nov 25	November Agenda
Nov 28	Dec 3- Inter-Area Remote Communities Forum
Nov 28	AAWS Highlights - October 2023
Nov 28	Revised November Agenda
Nov 29	Box 4-5-9: Fall 2023

## 6. OLD BUSINESS

Still have vacant positions of CPC and Alternate DCM. Online meetings are available for CPC.

## 7. NEW BUSINESS

Alternate DCM position needs to be filled. Inge D. nominated Steven M. to the position. Carman D. seconded. Motion carried. Steven M. is our new Alternate DCM.

Carman D. moved that District 34 minutes should be made available on the website. Rick M. seconded. Motion carried.

**NEXT MEETING DATE: December 28, 2023**

## 8. SHARING TIME:

Steven M. - Stirling Friday Night Gratitude meeting will be held December 29<sup>th</sup>.

Terry – Asking about paper meeting lists for those not able to access apps or websites.

Inge D. - a printable copy is available on the website, and the website has the most up-to-date listing of groups and meetings.

Brent – who will be the new webmaster?

Carman D. – the position does need to be advertised, but I am willing to stand for the position as webmaster once the new website is up and running.

Kim S. - excellent Round-up, great speakers, kitchen crew, Al-Anon participants, clean-up crew, etc.

## 9. CLOSED WITH THE RESPONSIBILITY DECLARATION FOLLOWED BY THE LORD'S PRAYER.

DCM Report

November 2023

Good Evening Friends

I am an Alcoholic, Member of the Primary Purpose Group and I am honoured to be serving as your District Committee Member.

I attended the Service Information Day on October 28<sup>th</sup>. A special thank you to Mike B who gave a presentation on his journey to Service in Treatment. Aside from the Treatment Workshop, I attended a workshop on our 3 Legacies, the History of Area 83 Workshop, the DCM workshop, The Service Sponsorship Workshop as well as Workshop on Concepts 4, 5 and 6. It was a wonderful day of Fellowship and Learning together. I look forward to our next Service Information Day to be held in February.

Our Panel 73 Delegate James O'Donnell provided his report which included some information regarding the upcoming 2024 General Service Conference. I encourage you all to review his report, specifically in regards to the Plain Language Big Book – to that end – there was a Communication you received November 13 from James asking for your feedback regarding any possible future changes to the literature written by AA's founders. I have printed additional copies in case you missed the email and encourage you to take these back to your groups for thoughtful sharing and discussion. A copy will also be attached to the end of my report in the minutes. Please send your responses to [literature@aa.org](mailto:literature@aa.org) and if we feel we would benefit from an area-wide gathering to go through these questions in January then please reach out to James so this can be set up.

I attended the Area 83 Assembly on October 29<sup>th</sup>. I am so happy to report that we had a turnout of 37% groups attending representing D34. This is our highest delegation in years. It was also reported that District 34 has contributed \$3, 178 to Area 83 as at October 19, 2023.

One of the neat things about attending the Assembly is that you get to hear about what other Districts are doing. Many Districts reported that they are offering hybrid District Meetings and experiencing an attendance rate of 75-80%. For the past 3 in person District meetings in District 34 we have experienced a 45-50% attendance rate. We might consider if hybrid might be an option for us to consider.

You would have received an email about our membership survey – this survey closes on November 26<sup>th</sup> and all members are invited to participate. I encourage you to participate as this information will provide a detailed snapshot of our current membership.

In closing I am pleased to announce that we have 2 new groups in District 34 – The Solution Group in Flinton and The Primary Purpose Group in Belleville. There are good things happening in District 34 and I am grateful that we get to be a part of it.

In Love and Service

Carla