

“Maturity”

At some point in the early years of my sobriety I bought into the idea that miraculous and spectacular things were going to happen in my life—that I’d be given the keys to the kingdom. I mistakenly interpreted this to mean that I could set my sights for the moon and the stars and that with enough hard work and faith I’d reach those destinations. I resented anyone who told me I couldn’t accomplish some lofty ambition and would label them sour-grape failures who only wished they had my talents. Some had suggested, and it was written in the literature, that those were immature, grandiose, and unreasonable demands. My ego couldn’t hear those ominous words of wise warning.

Nothing in the promises had told me that I’d become rich, famous, or infamous. Yet I mistakenly believed myself special. I believed I possessed special talents, unrealized of course, and that with enough faith and trust that these talents would mysteriously be noticed by some influential person or show business big shot and I’d be on easy street. Some great stroke of God’s magic wand would have me

God has given me blessings beyond what I could have imagined, but he has not awarded my ego the fame and fortune it has unreasonably desired.

shining on the stage for all to envy—God’s will for me. I’d at last feel as if I belonged; so many would be beholden to my gifted persona.

What I have discovered is that sobriety is actually a lot of hard work requiring discipline and human

jobs never really existed. If I were to have described such a job it would have simply amounted to me doing what I felt like, whenever I felt like it, answering to no one, and receiving a lot of money for it.

EASY STREET

HARD WORK REQUIRING DISCIPLINE AND TOUGHNESS STREET

toughness and that I’m only one of God’s children, no more or less special. Making these discoveries has been the hardest lesson in maturity that I’ve had to accept. God has given me blessings beyond what I could have imagined in those early days, but he has not awarded my ego the fame and fortune it has unreasonably desired. God has carried me through difficulties in mysterious ways which I can only look back upon and explain as miracles, but he has not rendered me an artistic genius. I go to work each day and I do not love my job. It is not my dream job. Such

Work is work and sobriety allows me to choose between being grateful for a sound, sober mind and body that can perform those labors or a sniveling malcontented child, blind to the gifts under the Christmas tree because he didn’t get what he wanted.

Sobriety is simple. We are complicated—often foolish at times of selfish immaturity. Wilson had written that: “Selfishness—self-centeredness! That, we think, is the root of our troubles.” I must be one of the “some are sicker than others” because it has taken me over 37 years of sobriety to come to some truce with that assessment.

— Mike L.

Area 6I Rhode Island October 2019 Delegates Report

General Service Board News

Seven Goals of GSB Strategic Plan: (1) Model inclusivity and acceptance in accordance with our Third Tradition. (2) Work on our relationships with professionals. (3) Effective communications. (4) Identify new places and audiences to bring the A.A. message of hope. (5) Improve internal communications among the three boards. (6) Make the General Service Board a role model in promoting the importance of public anonymity. (7) Communicate what GSO does as a result of Seventh Tradition contributions and share more stories about how individuals have been touched by our message of hope.

General Service Conference

Hard-copy 69th General Service Conference Final Reports have arrived and are available. We ordered some Spanish language versions and are hoping to deliver them to our District Eight friends. An anonymity-protected electronic version of the Final Report has been posted at aainri.com

The 70th GSC, "2020: A Clear Vision for You," will be in Rye Brook, New York from April 19-25. Presentation/Discussion Topics are Recovery - Who is Missing in Our Rooms? Unity - Practicing Our Principles, & Service - Keeping AA Relevant. The Workshop Topic is Attraction Through Action.

Any A.A. member can have direct input to the 71st GSC by suggesting our Conference theme, presentation topics, and/or workshop topic for 2021. Send ideas to delegate@aainri.com by Dec. 8 for submission to the 2020 Conference.

A.A. World Service, Inc. News

2020 International Convention: Online and mail-in registration for the 2020 I.C. in Detroit opened on Monday 9/09, and thousands of members already have registered at aa.org and then reserved hotel rooms.



New GSO Staff Assignments:

Accessibilities/Remote Communities ~ Irene D.
Communication Services ~ Clement C.
Conference Coordinator ~ Patrick C.
C.P.C./Treatment ~ Diana L.
Corrections ~ Brenda B.
Group Services ~ Jeff W.
International ~ Eva S.
2020 International Convention ~ Julio E.
Literature ~ Steve S.
Nominating ~ Rick W.
Public Information ~ Racy J.
Regional Forums ~ Sandra J.
Staff Coordinator ~ Mary C.

ERP: The Enterprise Resource Planning database launched on 8/05/19. This NetSuite system automatically assigns a new Group Service Number when a group contribution is made to GSO. There will be a learning curve both internally and across the fellowship, with improved service expected across all office functions.

International: The anonymity-protected digital version of the 25th World Service Meeting Final Report is available for download at www.aa.org. The 26th WSM will be held in 2020 in Rye Brook, New York. The committee recommended to the GSB that delegates to the 26th WSM be invited to attend the 10/31–11/02/2020 Board Weekend as guests of the US/Canada General Service Board.

Technology Communications Services (TCS):

Version 3.0 of the Meeting Guide App was released on September 5. It includes enhanced search capabilities, Daily Reflections, and a communications function.



Services:

Communication Services: Three major projects continue to be the focus of this assignment: website design; development of the AAWS app, which includes the meeting guide platform; and implementation of Google products.

Archives: So far this year Archives has responded to approximately 750 requests for information and accessioned 67 new items in both paper and digital.

CPC/Treatment: So far in 2019, 12 national exhibits have been coordinated, with 16 more to be completed.

Corrections: Following a positive response to a mailing to Corrections/Bridging the Gap/H&I

Area Chairpersons noting the need for men to write to inmates through the CCS, there is no longer a waiting list.

Group Services: As liaison with Intergroup/Central Offices the staff member on this assignment attended a local forum whose theme was unity and how A.A. entities can work better together.

Public Information: The P.I. assignment has been working with the Publishing department to develop draft “postcard style” service pieces with brief excerpted content about A.A.

Board Committees:

Finance: For the first six months of 2019 contributions of \$4,002,384 were \$185,912 (4.9%) greater than budgeted and \$185,912 greater than 2018. The committee expressed gratitude to the Fellowship for the continuing Seventh Tradition support.

Total revenue (gross profit from literature plus contributions) was \$8,935,712 or \$313,286 (3.6%) greater than budgeted and \$326,680 (3.8%) higher than 2018.

Publishing: The Big Book Alcoholics Anonymous is available in 71 languages, with 23 languages pending, and 16 new translations in progress, along with 5 revisions/retranslations. Twelve Steps and Twelve Traditions is available in 48 languages, with pending translations in Arabic and a revised Czech translation. Daily Reflections is available in 34 languages.

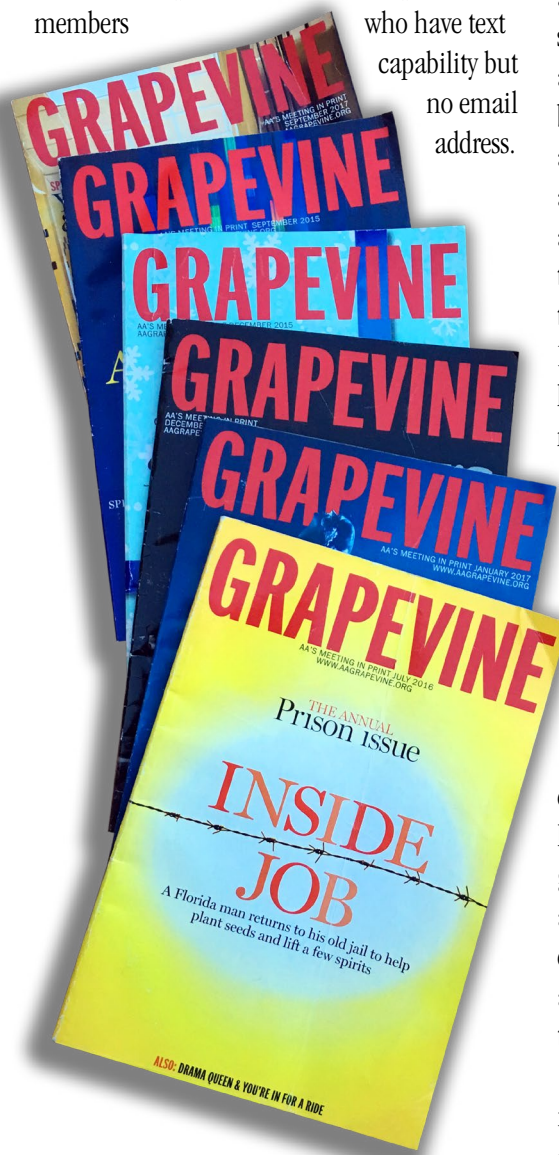
Work continues on the audiobook versions of the Big Book, “Twelve and Twelve” and Living Sober in English, French and Spanish. The Big Book and “Twelve and Twelve” ASL videos with updated closed captioning are in review. The Young People’s video is now titled “Young and Sober in A.A.: From Drinking to Recovery,” with subtitles in English, French and Spanish, and is in the final stages of production.

AA Grapevine & La Viña News

Work has started with a contractor in Mexico to create a Spanish audiobook version of

Language of the Heart. A search has begun to find a reliable vendor to resume the La Viña SMS service by providing a weekly La Viña quote to the many Spanish-speaking members

who have text capability but no email address.



Thank you, everyone, for being here today. I want to tell you how much this opportunity has meant to me and how grateful I am to have served with such a wonderful group of people. First, I want to tell you that I have been amazed almost every day by you and our area. I have seen a great sacrifice and dedication from all of you. Our committees have worked so hard to provide meetings and services to Rhode Island to ensure that if there is someone that needs

AA we are there. Many, many hours are needed, and I know provided with gratitude from all of you every day. Whether it is answering emails, attending area committee meetings, area assemblies, JOS’s or just doing the day to day service work. It is not always easy or comfortable. I know many times I would have liked to be home when instead I was at a meeting. But always I would remember the girl that got off a bus in December with everything I owned in a paper bag and know that I owed a great debt to Alcoholics Anonymous. When I got sober, that girl with no shoes and so spiritually empty, I thought I will never have what these people have—I found gratitude to serve. The people at meetings took me in and loved me and I was able to stay sober and become a woman of honor and dignity. Many days I prayed to my higher power to give me the energy, leadership and humility that I needed to really do this job to the best of my ability. I have learned that I need to pause, ask questions, reach out to the people that have gone before me and listen to them just like I did and continue to do in my sobriety. Sometimes it’s hard when you think you know everything. The great process of Alcoholics Anonymous that Bill and Bob gave us exists in our traditions and concepts and provides us with the ability to have a voice and protect Alcoholics Anonymous so that the meeting I walked into in December of 1980 is the same meeting my daughter walked into almost four years ago. I brought to you all the good and all the bad of me. I didn’t ruin anything, and I really feel that these two years have been productive, and we are passing on Area 61 a little bit better than we found it. There is no way I can really tell you how this has changed me—really, I am a different and better person. I am so full of love for all of you, the other delegates I served with and Alcoholics Anonymous. So, for all of us, let’s rotate on and continue to stay sober and spread the word.

With much love and gratitude,
Mary K., Area 61, Panel 68, Rhode Island.

should learn which entities provide the varying services and contribute accordingly. Also, the suggestion was to eliminate two contributions pie charts with suggested percentages. See inset. The motion passed and will be forwarded to the General Service Conference for consideration.

The second agenda item that created healthy debate was a discussion item about the process followed to add the Information Services Committee (standing committee) and Young People in AA Committee (special committee) to the Area 61 service structure. These committees were added through the Guidelines re-approval process in January 2019 and that methodology is in question. The discussion on this matter was tabled until our next Assembly on Jan. 25, 2020. Further exchange will no doubt be interesting.

A look back at the Assembly is incomplete without a review of the Pasta Challenge. It was a carb overload with thirteen different pasta dishes entered in the cook-off (13!). Three cheers for all the cooks. And congratulations to the winners: District 6 (Steve), District 5 (Jackie), and District 1 (April).



Final tidbits about the Assembly include a reminder to all trusted servants to “not check out yet,” since our service term runs through December 31st. Further, the welcome mat is out as the Area 61 committees and districts elect new leadership in the coming weeks.

Save the date for the next Area Assembly on Sat., January 25, 2020 at 9 a.m. at St. Kevin Parish Hall, 333 Sandy Lane, Warwick.

In Service, Alison H.
Area 61 Chairperson

The Alphabet	
AAWS	AA World Services, Inc
GSR	General Service Representative
NECYPAA	New England Conference of Young People in AA

WHAT TO DO

For me, prayer and meditation are the key to living a life not dominated by fear and anxiety. It is not easy centering a life based on behaviors that I did not grow up practicing. My life was based on living up to expectations and goals developed in an adolescence engrossed in drinking alcohol.

If I did not perform according to the skewed

Prayer & Meditation

criteria I developed, I thought less of myself. This happened often so that my self image spiraled downward as I got older. Thoughts about my past lead to depression. Thinking about the future frequently caused anxiety. This was all founded on a belief system constructed on experiences of a drinking, pot smoking teenager.

This way of living caused me much misery. I needed to start approaching life differently in order to be at peace with myself. Prayer and meditation is the answer for me. Each morning I pray and then lie quietly breathing deeply for five to ten minutes. I try to listen to and follow the breathing. I repeat short prayers throughout the day, trying to direct myself to do the right thing. I have started to try and meditate, quiet still breathing, three times a day. This centers me and I do not experience fear and anxiety allowing me a break, clearing my head, so that I can continue my day positively.

— Guy A.



SAVE THE RI CONVENTION DATE: March 20th - March 22nd, 2020

Register before Feb. 18th. Cost: \$25
Register on or after Feb. 19th. Cost: \$30
Register online (preferred) or download the printable registration form at www.aainri.com.
Registration forms are also available at your favorite meeting place.

2020 A VISION FOR US



Area Officers

Delegate Mary K.
AreaDelegate@aainri.com

Alternate Steve L.
AreaAltDelegate@aainri.com

Area Chair Alison H.
AreaChairperson@aainri.com

Secretary Gary D.
AreaSecretary@aainri.com

Treasurer Tricia I.
Treasurer@aainri.com

Archivist Ted D.
Archivist@aainri.com

Registrar Ted D.
Registrar@aainri.com

Committee Chairs

Archives Kevin C.
ArchivesChair@aainri.com

Convention 2018 Chair Ken D.
ConventionChair@aainri.com

**Cooperation with the Professional Community/
Public Information Fredericka A.**
CPCPIChair@aainri.com

Corrections Greg M.
CorrectionsChair@aainri.com

Grapevine Steve L. (temporary)
GrapeVineChair@aainri.com

Information Services Phil C.
InformationServices@aainri.com

NECYPAA Host Chair - Jose P.

Treatment/Accessibilities John D.
TreatmentChair@aainri.com