



January 2005
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Triangle

From the Editor

Happy New Year! My name is Carole and I am an alcoholic. At the Fall Assembly, I was elected the editor of your area newsletter, the Triangle. It is an honor to serve in this capacity. I am open to suggestions on the content of this newsletter and am extremely grateful to those who have contributed to this issue. I am trying to get articles from GSRs and DCMs as well as the Area Chairs and past Delegates. During my tenure, I would like to keep the Triangle flexible and good natured as my friend Deborah would say, and open to new ideas. So please tell me what would help you in your service to AA or your recovery. Email me at Area40Triangle@hotmail.com.

I would like to thank John for his service editing the Triangle the past 2 years and his help getting me started. I have some pretty big shoes to fill. I would also like to thank past Triangle editors Melinda W and Carleen L for their help and support. Past Delegate Robbie S. has also been much help.

If you receive an individual subscription, please not your expiration date. Thanks for letting me serve.

From the HOW Group in Bozeman

We have four meetings a week. Couple of thing that our group has gone through is: we have had to move our Sunday meeting to two different locations.. It is possible that we will have to move for a third time. The group members keep showing up and helping. However it turns out we will be okay. I've been a member of this group for six years and just rotated out of the G.S.R. (General Service Representative) position. We have had a lot of growing experiences. There was a time that just the same people were doing all the work. Today the group has grown a lot and new people taking on the responsibilities . That has been good to be a part of .

Yours in service
Mike B.



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From Your Delegate

Dear Area 40:

I hope everyone had a pleasant Holiday season. Now that the Holidays are over, it is time to make plans for a busy 2005.

The background information for the 2005 General Service Conference should be available late February. All Districts or individuals, who would like a copy of all the background information, please let me know by January 31st at the latest. **This year on a trial basis, the background information will also be available on CD.** The printed version will be somewhere in the \$40.00 range per copy and the CD version somewhere in the \$10.00 range per copy. Area Committee Chairs will receive copies of the background information for their committees from our Area Chair. Thank you in advance for observing the time line.

The West Central Region Alcoholic Anonymous Service Conference will be held in Rapid City, SD on March 4, 5 & 6. The schedule of events, registration form, and additional details are available on our Area web site www.aa-montana.org. This is a great opportunity to meet and visit with members of our Fellowship from the West Central Region and get a better understanding of the Agenda items to be discussed at the General Service Conference. Area 40 will be the first presenters on Friday evening at 7:15 pm, "Components of a Healthy Home Group".

At the time of this writing, three Pre Assembly events have been scheduled. On March 12, District 81 will host an event with Districts 91 & 93. On March 19, District 31 will host an event with District 11. On April 2, District 71 will host an event with District 41, 61 & 72. The locations and times will be announced in the near future. I would enthusiastically encourage you to visit with your neighboring Groups and Districts and determine if there is interest in holding a Pre Assembly. Your Area 40 Committee was elected to serve, so plan your events and give the Committee an opportunity to serve. The Pre Assemblies provide an excellent forum for discussion of the Agenda items for the upcoming General Service Conference and discussion of Agenda items that pertain to Area 40. As always, the result of this type of honest, open discussion is an informed group conscience. However, we can only be informed with your participation and input.

The 2005 Area 40 Spring Assembly will be held in Lewistown on April 9 & 10. If your Group or your District have items you want placed on the Spring Agenda, those items must be submitted to our Area Chair – Andrew Ware by February 1. Please include thorough background material with your agenda item so the true intent of your proposal will be understood.

The International Conference of Alcoholics Anonymous will be held in Toronto from June 30 through July 3rd. Registration, hotel accommodations and answers to your questions are available at the General Service Office web site, www.aa.org. I have had the pleasure of attending two previous conferences and they are definitely a "must not miss" opportunity to meet members of our Fellowship from all over the world and have a great time.

In addition, "GSR Schools" are being held around the area. See the Events calendar for location and dates. The GSR schools are a great source of information regarding the GSR service position, discovery of how the 12 Concepts pertain to this level of service work, and an explanation of the proceedings of our Area Assembly. I hope all the new GSRs will attend these information sessions or similar sessions in your District.

(Continued on page 3)

I have one last item for everyone to consider. At the Fall Assembly, our Area Archivist, Kevin N announced he will be stepping down. Kevin has performed a marvelous job of archivist for Area 40 and he will be difficult to replace. Anyone who has an interest in archives and would like to make a long term commitment, please contact Kevin or myself and we can discuss in detail what the service position involves.

Thank you in advance for giving me the privilege to serve as your contribution to the General Service Conference. I will be giving my first Conference report at the Spring Roundup to be held April 29, 30 & May 1 in Kalispell. Please contact me soon to set up dates and times to give the report to your District.

Also, I made reference to a couple of web sites to obtain information for some of the listed events. I understand not everyone has access to a computer and the Area 40 website. Consequently, if you have questions or need assistance with the information, please contact me and I will do my best to be of service.

In Fellowship,

Scott W.

From Your Area Chair/Alternate Delegate

Dear Area 40,

Greetings for the New Year and a new service rotation. My name is Andrew and I am the Area 40 Chair/Alternate Delegate. My primary responsibilities are (1) to organize and chair the Spring and Fall Area Assemblies, (2) help out Scott, the Area 40 Delegate, (3) be informed of the background material of the agenda items for the General Service Conference so that I am prepared to fill in for the delegate if needed, and (4) attend at least one of the meetings of each of the districts in Area 40. Just like most of you, I am just starting a new position and we'll all be learning as we go along. I have some good mentors who are helping me along. I encourage all of you to ask your DCM or any member of the Area 40 Committee if you have any questions. I'm looking forward to seeing many of you at your district meetings, at pre-assemblies, and at the Spring Assembly. On a personal note, I'll be traveling for work during much of January but you can always reach me by email.

Thank you all for this opportunity to be of service,

Andrew W.

Hey, I've got something to share

So if you're reading this newsletter and thinking, hey I've got something to share, well then write it down and send it to the Triangle Editor. You can share your experience as a coffee maker, a bathroom cleaner, cigarette outpost engineer, group service representative, or any other position. Your experience may be useful to someone or just plain entertaining.

Also, if your group would like to tell the rest of the Area how you accomplished a task or tell us how the group got started, well send it in. By mail —Triangle Editor, 4522 Shasta Lane, Billings, MT 59101. Email —Area40Triangle@hotmail.com.

Welcome!!

Welcome to a new rotation of service to Alcoholics Anonymous! While we each offer our heartfelt thanks to those who are willing to serve, we should be mindful of our responsibility to care for these trusted servants. None of these individuals will be as successful on their own as they will be when supported by us. There is a synergy that occurs when we are all part of the circle.

We grow our own in service to Alcoholics Anonymous. There are some beautiful, flowering plants right here in this new rotation. There are rich and healthy seeds being nurtured. Whether you are currently a blossom, a seed, a person with a hoe, or the one with the watering can, this is our garden of service. Let's richly grow in our primary purpose during the coming months.

Robbie Sullivan, Past Delegate-Area 40

For the New Group Service Representative

Throughout the Area, schools or workshops are being held in an effort to help new group service representatives serve their groups. One such "school" was hosted by District 11 in Huntley on January 8. Past Delegate Bob H., current Delegate Scott W., and past Area Chair Bill M. discussed and answered questions in regards to serving as GSR. So you might ask, "What are the duties of a GSR?" Well, there are duties at the group level, district level, area level and AA as a whole.

At the Group level:

1. Leadership in AA. (Service Manual page 38)
2. Chair Group business meetings
3. Chair Group conscience meetings
4. Make sure Group positions are filled
5. Encourage the use of AA literature
6. Keep Group active in and informed about the District
7. Keep Group informed about the Area
8. Keep Group informed about AA as a whole
9. Conduct Group conscience on specific items
10. Encourage discussion about the Twelve Traditions
11. Encourage talk about Homegroup
12. Attend all Group service workshops and functions

At the District level:

1. Keep District informed about the Group and the Group informed about the District
2. Attend all District meetings, or make sure that the alternate can be there.
3. Inform the Group about District functions and attend them!
4. Speak up at District meetings, and vote your conscience

At the Area Level:

1. Attend Area Assemblies
 - A. Attend GSR Workshops and Breakouts

2. Get informed about Area agenda items before assembly and discuss them with your Group so that you arrive at the assembly fully informed.
3. Be informed about General Service Conference items, discuss them with your Group, and be prepared to give the Delegate a sense of your Group.
4. Keep Area informed about your Group.
5. Keep Group info accurate for the Triangle, make sure your Group gets a copy and announce it.
6. Speak up at assemblies if you have something to add

AA as a whole:

1. Keep Group records updated with GSO, since that information will appear in AA Directories
2. Attend Delegate's report, and report back to the Group
3. Read and announce about the Final Conference Report
4. Attend Forums and Service conferences when possible

So, I'm the newly elected GSR, now what?

The Service Structure of AA – Why we need it. Read S19 in Service Manual

Inverted Triangle – The groups are on top. Page S16 of Service Manual Groups hold the ultimate authority for AA.

Read Concept one, pages 6 and 8. Read Tradition Two.

The Groups delegate their authority to the General Service Representative (GSR). Chapter Two in the Service Manual is dedicate to the GSR.

Who can be a GSR?

You can!

Service Manual recommends two years, but it varies with the Group Conscience.

Be open minded.

Be patient and tolerant

What should a GSR know?

That God's in charge, but we need to do the foot work

Know the traditions

Read AA Comes of Age

Know what AA literature is available

Know who your trusted servants are at the District, Area, and General Service Conference levels

Know how to get in touch with your trusted servants

Know that you have taken on a very important job in AA

What is the most important thing a GSR can do?

Show up! Be consistent and committed to showing up at all levels.

Your Group has elected you to be their representative, so they expect you to show up for them at a variety of places, such as District meetings, Area Assemblies, Regional Forums and Service Conferences, etc.

So, I'm the newly elected GSR, now what? Continued...

Each GSR is a vital link to the group conscience of AA, it is important for your Group's voice to be heard. If you don't show up, then your Group's input is not heard, and the group conscience process has been compromised!

What an order! Can I go through with it?

Yes, you can!

No one is going to do this job perfectly, but progress will be made and you will learn the job as you go along.

From Outgoing DCMs

My experience as DCM, I learned some hard lessons about humility and most definitely that I am not in charge. It taught me what it means in the traditions to practice the principles of AA and attempt to keep personalities out of the way.

As the Big Book states on pg 89, "Life will take on a new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends—this is an experience you must not miss". This is the gift that I received while carrying out my duties as DCM. To watch GSR's grow in their understanding of how the message of AA is carried on this level, to meet people from all over Montana and the 8 state region, to develop friendships that would not have been possible without doing this work of AA. Thank you for allowing me to have the experience that we must not miss.—Connie R., District 61

I made friends that I didn't know I wanted and now cherish. We did a lot with a small number of people and enjoyed ourselves doing it. Area Chairs came to give workshops and go to prison (a meeting of course). I miss the people in District 42 and I know that with Mike M. as DCM good things will come to the District.—Carole B., District 42

From your Area Corrections Chair

Greetings. For the first time in over three years the Montana State Prison is having an orientation. A person must attend this orientation in order to attend the weekly Saturday AA meetings at 1 PM. It is tentatively scheduled for Tuesday February 22nd. Exact time and place to be determined. If you are interested in going through this orientation let me know and I will mail you a form, which must be in at the prison by February 8th.

Also, the bi-annual mini-conference put on by the Freedom Group (the AA group inside the prison) will be on Saturday May 7th. If you are interested in attending let me know by March 7th. I need your name, address, SSN, and DOB.

I am also looking for speakers at the WATCH program in Warm Springs on the third Thursday of every month at 2:30 PM. Let me know if you are interested in that. Also, there are meetings at WATCH every Friday night, and your attendance is more than welcome (be there by 6:45 PM).

If your group would like info on the Pink Can Program let me know. I have been in communication with some of the different district Correction Chairs, and would love to talk to them all. In fact I'd love to talk to anybody who wants to talk to me. If I can be of service let me know. Thank you.

Yours in service, Gary O.

From your Area Treatment Chair

Dear Area 40,

My name is Lee and I'm an alcoholic. My sobriety date is March 15, 1989 and my home group is the It's In The Book Group in Helena, Montana, where I have been a member, mostly in good standing, since 1995. I also have the privilege to serve as your incoming Area 40 Treatment Chair. I want to thank the Fall Assembly for the honor to participate in my own recovery in this capacity.

As it often works in AA, this will be an interesting service position for me since I have no personal experience of going through treatment. I do have institutional experience having taken meeting into the Montana State Prison in Deer Lodge for the past 10 years as well the Lewis & Clark County Jail and the Helena Pre-Release. I have also been the District 61 Treatment Chair for the past two years where I served on the Area Treatment Committee. I had a steep learning curve in that position and I look forward to learning a lot more over the next two years.

As I understand it, my major tasks are to support groups and districts in their efforts to serve local treatment facilities, to help coordinate AA's work with the state-wide facilities (MCDC, WATCH), to work with the Area Treatment Committee, to help encourage participation in Treatment service work and to aid communication between local groups, districts, the Area and the General Service Office.

In that capacity, I would like to offer my services to any group or district that is interested in having a workshop or panel to discuss Treatment Facilities work. The more AA's we can attract to this fulfilling type of service, the more alcoholics we can expose to the AA way of life while enhancing our own recoveries. Carrying the message of AA into institutions has become a vital part of my own recovery and I welcome the opportunity to pass on my enthusiasm and experience to anyone who is interested. Please do not hesitate to contact me if I can be of service in any way.

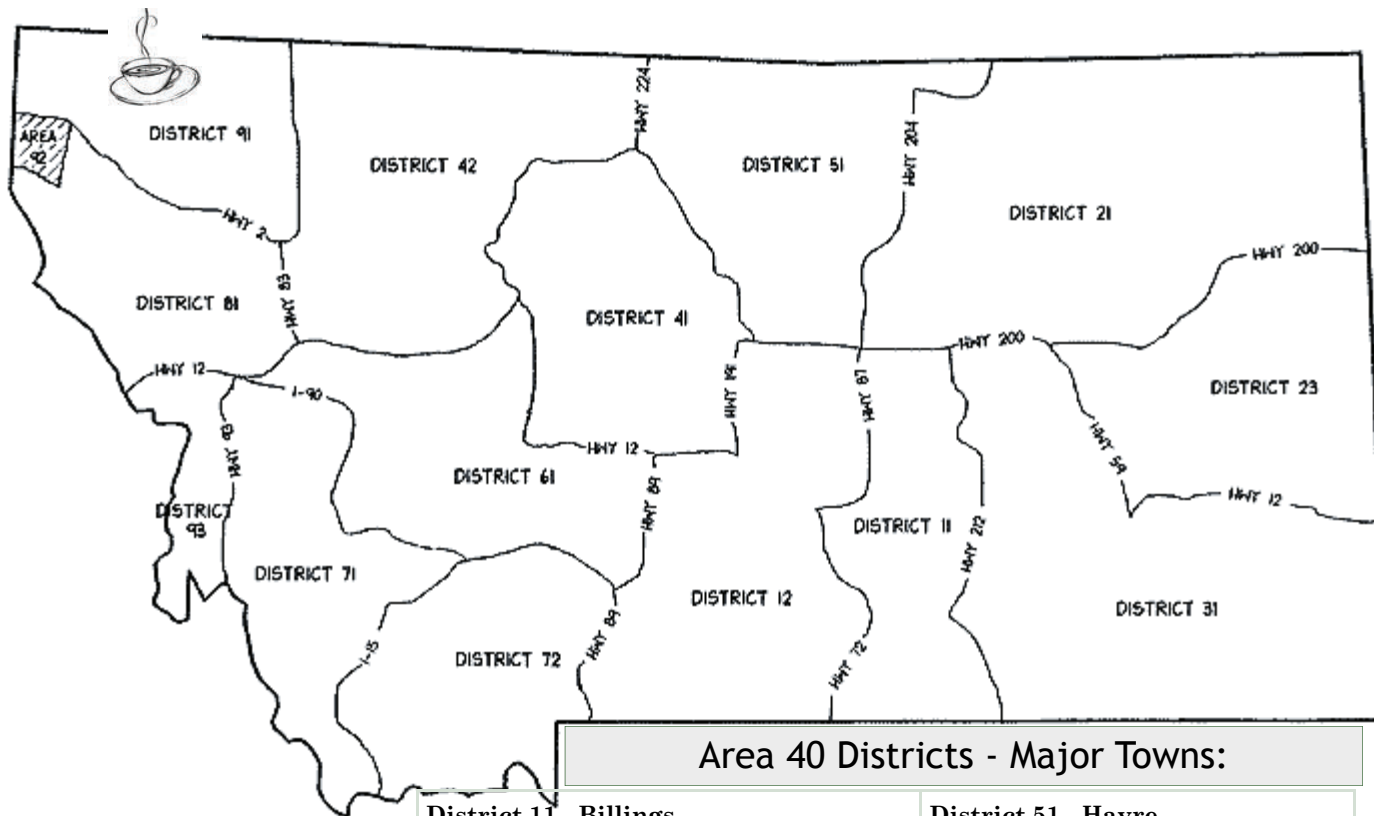
I look forward to working with the Area Treatment Committee, the Area Committee and all of you in our efforts to reach out to the still suffering alcoholics. This should be an exciting two years.

Yours in service, Lee G.

Things you should know....

- Area 40 has a website — www.aamontana.org
 - The district is responsible for assuring that the meeting schedule is correct for their district. Typically the District Public Information Committee updates the website. The webmaster will provide a username and password to allow editing for your district.
 - Also on the website, are the Past Actions of the Area as well as the Policy and Procedures Manual.
- The Regional Forum will be in Great Falls September 30—October 2 at the Best Western Heritage Inn. They are weekend sharing sessions designed to improve communication and participation among A.A. service workers in a region, the General Service Board, A.A. World Services, Inc., the Grapevine Corporation Board, the Grapevine Staff, and the General Service Office Staff.
 - They are held every two years in the West Central Region which rotates location within the 8 areas. Therefore, the Regional Forum happens in Montana every 16 years.

Area 40 MONTANA



Area 40 Districts - Major Towns:

- | | |
|--|--|
| District 11 - Billings
District 12 - Laurel
District 21 - Wolf Point/Glasgow
District 23 - Glendive
District 31 - Miles City
District 41 - Great Falls
District 42 - Shelby/Choteau/Browning | District 51 - Havre
District 61 - Helena
District 71 - Butte
District 72 - Bozeman
District 81 - Missoula
District 91 - Kalispell/Whitefish
District 93 - Hamilton |
|--|--|

2005-2006 Committee Assignments

<u>Archives</u>		<u>CPC</u>		<u>Corrections</u>		<u>Grapevine</u>	
DCM	23	DCM	23	DCM	81	DCM	51
DCM	11	DCM	11	DCM	91	DCM	93
District Rep	42	District Rep	42	District Rep	93	District Rep	41
District Rep	51			District Rep	61	District Rep	23
<u>Literature</u>		<u>Public Information</u>		<u>Treatment</u>		<u>Finance</u>	
DCM	11	DCM	81	DCM	42	DCM	21
DCM	72	DCM	41	District Rep	91	District Rep	12
District Rep	31	District Rep	21	District Rep	11	Delegate	
District Rep	81	District Rep	11			Area Chair	

Upcoming Events

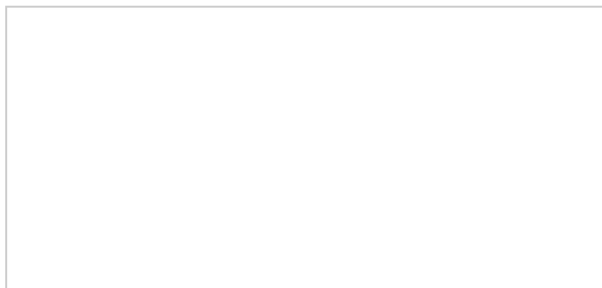
- **HELENA—ITS IN THE BOOK GROUP SPEAKER EVENT**,— Jan. 15 1st Presbyterian Church Pat K.. 449-4630
- **HELENA—GSR WORKSHOP-Jan 22, Wilson House 12pm –5pm** Ed C. 227-8896 or Gerry R. 933-5342
- **JOLIET—MID-WINTER SOCIAL—Jan 29, Joliet Community Center—**Joel blindmelon@imt.net
- **DISTRICT 91—GSR SCHOOL—Jan 30—**Joe D 297-2669
- **GLENDIVE—GSR SCHOOL-FEB. 5—**Jim H. 939-0342
- **COLOMBIA FALLS—DISTRICT 91 - 13TH INTO ACTION WEEKEND FEB. 18-19,** Jessica 579-4891, Alida 892-5507
- **DISTRICT 81—GSR SCHOOL—Jan 30—**Julie R. 829-0796
- **DISTRICT 93—GSR SCHOOL—Jan 30—**Mary H. 777-4226
- **DEER LODGE—MONTANA STATE PRISON ORIENTATION—Feb 22—**Gary O. 563-5789
- **RAPID CITY, SD, WEST CENTRAL SERVICE CONFERENCE—Mar. 4-6**
www.aamontana.org
- **DISTRICT 81—PreAssembly Meeting—Mar 12.—**Julie R. 829-0796
- **HELENA—POCKETS OF ENTHUSIASM MAR. 18-19, 2005** Don G. 443-3869
- **MILES CITY—PreAssembly Meeting—Mar. 19—**Linda B. 656-0727, Bill M. 234-5150
- **DISTRICT 71—PreAssembly Meeting—Apr. 2—**Marcy D. 563-6714
- **LEWISTOWN—Area 40 Assembly-Apr.9-10—**www.aamontana.org.
- **KALISPELL—SPRING ROUNDUP Apr. 29-30, May 1** Jim C. 862-0429, Tim H. 752-2704, Alida W. 892-5507
- **DEER LODGE—Freedom Group Mini Conference—May 7.** Deadline for attending Mar. 7th.— Gary O.563-5789
- **TORONTO, ONTARIO, CANADA—AA'S 70TH ANNIVERSARY, June 30 - July 3,**
www.aa.org
- **BIG TIMBER—BEARTOOTH MOUNTAIN CONFERENCE—Aug 5-7** Jesse V. 896-0499
www.beartoothmountainconference.com
- **MISSOULA—FALL ROUNDUP SEP 9-11- DOUBLE TREE INN "WE ABSOLUTELY INSIST ON ENJOYING LIFE"** Kristi B. 370-5601, David L. 542-1588
- **GREAT FALLS—REGIONAL FORUM—Sept 30, Oct 1-2—**Patty C. 453-3168

We absolutely insist on enjoying life.

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