

The Triangle

Area 40's Newsletter

FROM THE EDITOR

INSIDE THIS ISSUE:

ARCHIVES CHAIR	2
HEY, I'VE GOT SOMETHING TO SAY	2
DELEGATE	3
PUBLIC INFORMATIONJ	3
FREE FOR LUNCH—HELENA	4
HOW AN IDEA BECOMES AN AGENDA ITEM	4
GSR-MAKING REPORTS TO THOSE YOU SERVE	5
DISTRICT 31	5
TRADITIONS GROUP—BILLINGS	6
DISTRICT 81	6
SERVICE CONFERENCE	7
AREA COMMITTEE INFORMATION	8
AD HOC COMMITTEE INFORMATION	9
COMMITTEE ASSIGNMENTS	10
CALENDAR OF EVENTS	11

Greetings,

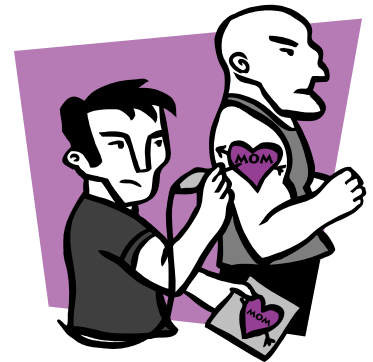
I must say that so far being the Triangle Editor is one of the best jobs I've had in AA. Thanks to all who have contributed articles for the January and February issues. The March issue will be dedicated to the Spring Assembly and the General Service Conference.

Please note that the January issue contained some errors. Robbie called me concerned that according to the Triangle, she was to conduct GSR Schools in District 91 and 81 on the same day. So please note that the GSR School

in Districts 81 and 93 is February 20.

I had Linda B, DCM District 11 a very busy women come spring assembly. She was to participate in three committees. Please see the correct committee assignments for 2005-2006. Last but certainly not least, I left Bob off of the Committee System Policy and Procedure Ad Hoc Committee.

I'd like to continue with John's "Overheard at Meetings" spot in each Triangle. My friend Teresa & I stole from a



*If you wake up with a new tattoo and you don't remember getting it, you might be an alcoholic!
(Hopefully, you know the name of the person on your new tattoo.)*

couple of Billings guys a bit titled "You might be an alcoholic" such as the one to the right. So send them in!!

Yours in Service,
Carole B.

FROM THE WED. NIGHT MEN'S GROUP-BUTTE

The GSR School in Helena was Fantastic. I became a GSR out of rotation and wasn't sure just exactly what was expected of me in my new capacity. After 8 months wallowing

around I jumped at the opportunity to get an insight from Bob and Scott. Wow!! - what an afternoon. Found out I was doing OK, but needed to do some reading other than just

the Service Manual. Highly recommend this experience for all the new GSR's. Walt C. GSR - Wednesday Night Men's Group - Butte

FROM YOUR AREA 40 ARCHIVES CHAIR

Greetings to all in Area 40, My name is Dennis and I'm an alcoholic. I have been sober since October 12, 1984. My home group is the Flathead Valley Serenity Group in Kalispell, and I am your new Area 40 Archives Chair. I want to thank Area 40 for this opportunity and I really look forward to serving our fellowship in this position. My various duties include the support of gathering current as well as historical information about AA, especially in Area 40, and preserving it in a meaningful order. Every AA entity I've been a part of seems to understand that it's important to save one of just about everything for the Archives. This usually results in boxes full of flyers, meeting minutes, proposed budgets, background information for agenda items, agenda items to override agenda items, group, district and area policies and position descriptions, phone lists, and assorted newsletters--all in no particular order,

and with many or even most items not being dated. Thus, what started out as an attempt to preserve AA's heritage quickly becomes an albatross for the new group or district Archives chair--(my dictionary defines albatross as "something burdensome that impedes action or progress.") And, boxing up such a mess and sending it to Area Archivist Kevin--well, you get the picture. I look forward to working with the Archivist, the Area Committee, DCM's, GSR's, district and group Archives chairs, and anyone who has ideas on how best to streamline and prioritize the collection of material for our Archives, so that what we save will be more readily retrievable, useful in a practical way, and exemplary of our fellowship's history and purpose--at the level of every AA entity that builds and maintains an Archives. Several years ago I did some digging into my own family genealogy and was startled to realize that the more detail I uncovered, the

more I seemed to be learning about myself. Similar feelings and perceptions emerged when I researched a couple of AA talks I gave; one being the history that led up to the beginning of AA, and also the beginning history of the AA Grapevine. It almost seems axiomatic that if you learn some of the history of those who took the path you are now on, you just might learn some new things about yourself, or at least clarify some of your thinking. "To Thine Own Self Be True" becomes easier after looking into our past history, even just a little. I would relish the opportunity to participate in any AA activity anywhere in Area 40, be it a group or district event, and be able to share what I can about Archives activities and/or AA history, in order to further the AA message, and to help you preserve and learn from our heritage. Grateful to serve, Dennis O.

HEY! I'VE GOT SOMETHING TO SAY

Don't have a megaphone? Well use the Triangle to be heard. If you have experience, an amusing story or just something you would like to share, please write it down and send it by email to Area40Triangle@hotmail.com or snail mail it to Area 40 Triangle, 4522 Shasta Lane, Billings, MT 59101.

I was told that the Triangle is the fulcrum for Area 40. Well only you can make that happen by getting me information to distribute. So I look forward to hearing from you.



FROM YOUR AREA 40 DELEGATE

Dear Area 40:

First, thank you to District 11 and District 61 for inviting me to participate in your GSR schools. Both information sessions were well attended and as usual, the food was great. Two new GSRs in particular caught my attention. There was a young man from Billings who went home after the school and looked up our Area 40 website www.aa-montana.org and read the entire content of the web site. He sent me an email the next day with numerous observations. There was also a young lady from Helena (34 years sober) who was just getting into this level of service work. I was absolutely delighted to see the spark of enthusiasm for service ignited in both of them.

I also want to thank the Past Delegates who are putting on similar schools in the western part of Montana. The example they set through their actions of continuing to serve is worth observing and emulating. Saturday, February 5 Earl Fink (past Delegate and Area Ad-

visor) Louise M. (Area 40 Literature Chair) and I put on a Third Legacy discussion and GSR school in Glendive.

If you are interested in attending a GSR School and one was not scheduled for your District, bring it up at your next district meeting and try to schedule a school. If you were unable to attend, talk to some one that did and have them help you.

March 4th through 6th the West Central Region Alcoholics Anonymous Service Conference (WCRAASC) will be held in Rapid City, SD. A registration form and schedule of events is available on the Area 40 website. Area 40 (Montana) will be making the first presentation on Friday evening "Components of a Healthy Home Group". I know the presenters would appreciate your support.

Also, Pre Assembly events are scheduled in Missoula on March 12, Miles City on March 19 and Butte on April 2.

The Pre Assembly events are an excellent opportunity to discuss the General Service Conference Agenda and Area 40 Agenda items. Our Area 40 Committee Chairs will be chairing breakout sessions to discuss the items in their committee and this is an excellent opportunity to have your voice heard.

The Spring Assembly is scheduled for April 9 & 10 in Lewistown at the Yogo Inn. Make your reservations as soon as possible. The Assembly starts at 8 am on Saturday and with the new rotation of Area Committee and GSRs should make for a great learning experience for all of us.

Over the past couple of months, I have become overwhelming aware of how much I do not know. Serving Area 40 at this level is humbling, to say the least. Thank you from the bottom of my heart for allowing me the opportunity to be your contribution to the General Service Conference.

Scott W.

FROM YOUR AREA 40 PI CHAIR

Hi, my name is Connie and I am an alcoholic. I also have the privilege of being Area 40 Public Information Chairperson. I am real excited to be able to serve AA in this capacity. Although I am always a little nervous about starting a new position in AA, I also know that it is an opportunity to learn and grow in in my sobriety. The 3rd legacy of service, for me, really is an enhancement of the sobriety my higher power has blessed me with.

I have already been contacted by District 81 to participate in their pre-assembly. I am excited to be a part of this process of sharing information with the members and groups of Al-

coholics Anonymous. As a past participant, I know how valuable the pre-assemblies are for developing a well informed group conscious. The input from all the participants in the pre-assemblies and area assembly really gives Area 40 the clear voice at the General Service Office.

To be better prepared for the pre-assemblies and Area, some fellow AA's and I are piling in a car and heading for Rapid City, SD for the West Central Regional Service Conference. The discussion that will be held on the General Service Conference Agenda Items is very beneficial and I look forward to being part of it.

I look forward to serving Area 40. Please contact me if I can assist your group or district in anyway. Thank you for allowing me to participate in my recovery.

Connie R.



Overheard at meetings: And the best thing I liked about whiskey is that the bottle is square and didn't roll away from me.

FROM FREE FOR LUNCH—HELENA

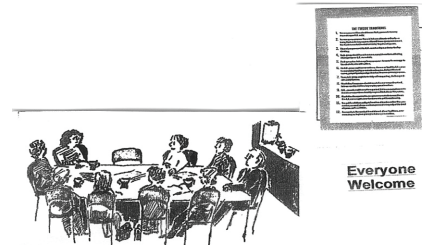
I attended my first GSR training on January 22nd in Helena at the Wilson House. Scott and Bob were our narrators and they were informative, humorous, and enlightening. Although I am just a little short of 34 years sobriety, birthday, March 8, 1971; this is the first time I have served as GSR. I attended the District 61 monthly meetings and Area Assembly for all of last year as Alt GSR for our group, Free For Lunch, in order to familiarize myself with the service structure. I found the workbook handed out to be of value in that I can look back at it when I have a question that pertains to my duties as GSR in the coming 2 years, as well as the Service Manual. I think I will be learning for the next two years and then may go further with additional

service work. Scott did a wonderful job presenting material and I had already learned that everything that comes out of big Bob's mouth makes sense to me. I love his sobriety and knowledge. We were very fortunate to have him there, as well as the others who came from all around the state to help educate us newbies.

I learned how important it is to attend the Area Assembly's and Service Conferences associated with the whole service structure of AA.

Even after nearly 34 years in AA, I still find it astonishing that people I don't even know treat me as if I am someone special and that what I say is important.

Gotta love this stuff. Sincerely,
Carol F, GSR Free For Lunch
Group



Taken from District 42's Newsletter. The illustration above shows an empty chair. We do have a number of district chairs to fill. The GSRs are encouraged to bring a member with you when you come to a district meeting. District meetings are a part of the service structure of AA.

HOW AN IDEA BECOMES AN AGENDA ITEM

The Area 40 Committee System Policy and Procedures Manual is now on the Area 40 website, www.aamontana.org. Valuable information is contained in this document. So if an individual member has an idea for an agenda item well



*For information on the Area
40 Policy & Procedures see
www.aamontana.org*

here's the ideal.

Concerns and suggestions coming from Alcoholic Anonymous Members in Area 40. These agenda items come through the suggested flow of information: Group member to Group then Group to District then District to Area Committee then Area Committee to Standing Committee.

Agenda items are assigned by the Area Chair approximately eight weeks prior to the Area Assembly.

Agenda items not submitted to the Area Chair or committee in the form of a motion. They are submitted as concerns and suggestions. However, to clarify the concern or suggestion, it is suggested that background information consisting of rationale, pro and con, be submitted. Indeed any informa-

tion that would help to create an "informed group conscience" should be submitted. This information should flow through the Area Chairperson, who has the responsibility for setting the Agenda of the Assembly.

Last year, a few of the groups in District 42 thought that since it was extremely helpful to have the Archivist and the Webmaster in attendance at each assembly, we should reimburse their expenses. So the District drafted and redrafted and redrafted the consideration. It was then submitted to the Area Chair and assigned to the Archives Committee. The committee made a slight revision and brought it to the assembly for a vote. The motion was voted on and passed.

GSR- Making Reports to Those You Serve

When we begin a new job in Alcoholics Anonymous, we need some guidance on fulfilling our tasks. One thing that can be hard for a new GSR is reporting to those you serve in your home group and to those you serve with at the district level. Here are some tips that come from experience, strength and hope from a past GSR.

When giving reports at your group or district, it's probably best to be brief. Things you might present to the district are:

- Any new group officers or other service position holders.
- Who your Alt. GSR is.
- What the average attendance is at group meetings.
- How your group divides its funds for contributions.
- Any problems the group may be facing such as having to move, court referrals, dual diagnosis members (alcoholism coupled with a mental illness),

non-alcoholic addicts, lack of interest in service, etc.

- Announce any upcoming events and any group activities.

And, things you might report to your Group include:

- News of any events or workshops you learned about at the district meeting.
- New district officers and other service people.
- Try to report on things that you think the group can relate to or is interested or involved in.
- If there is an issue coming up that will require your vote, try to explain it as simply, fully, and fairly as possible so that they can arrive at an informed group conscience.

With a bit of practice, you can probably work in a piece of Information that will provoke a question and get the discussion started.



Keep rowing and the invisible boat appears.

You may not personally agree with your group's conscience but if you have done your job correctly and discussed it enough, you will have no problem in abiding by it; and can rightly feel good about it, too.

Probably the most important thing that you can do as a GSR is to become an informed one. This serves both us personally and A.A. as a whole. The more you know, the more you can share from personal experience and the more credible your voice will become.

Robbie S.
Past Delegate

FROM DISTRICT 31

Greetings from the Great Plains of Montana:

50 degrees today - 15 and snow tomorrow and such is life....

As you all know Miles City is scheduled to host a Pre-Assembly event in March. It will be held at the Ursline Convent (directions will be forthcoming). I assume we'll begin around 9 or 10 a.m.. Let me know if you have a time preference for your session and I'll do my best to accommodate.

Hope to see you or someone from your committee.

Don't hesitate to contact me if you have and questions or can offer any suggestions as this is our first time out of the chute for a Pre-Assembly.

Bill



Overheard at Meetings: My sponsor said I have a broken picker when it comes to relationships.

A newcomer is having relationship troubles and goes to her sponsor and asks for help. The sponsor says "Go read page 69 in the Big Book." The newcomer gets home and remembers to read but reads page 96 instead. Crack open your book and see what she read.

FROM TRADITIONS GROUP—BILLINGS

The Traditions Group of Billings began with a group conscience decision made on September 8, 180 to break from the 204 Group. Some of the 204 Group members felt they were not keeping with the AA Traditions because of involvement with the Alano Club. The original motion suggested names of the new group be one of the following: Traditions Group; Traditions and 12 Step Group; Unity Group; One Day at a Time Group; and Easy Does It Group. The vote was unanimous and "Traditions Group" was chosen as the name of the new group. We first held meetings at Preacher Jim's house at 1847 Clark Avenue. Among the first members were: Al L, Jack T, Sanford S. Dave J, Donald F, Robert N, Mary G, Tina C. Monica B, Emma B and Leroy F. After one month, the meeting was moved to 1515 8th St. West. Re-

ports for a permanent meeting place showed options of the Mental Health Center, a church on the corner of Poly & 13th, and the Sacred Heart Renewal Center behind Central Catholic High School. The motion was made to move to the Sacred Heart Renewal Center and we made the move to that location on September 1, 1981.

After a short time of meeting in the lunchroom, we renovated a basement storage room and held meetings there until August of 1993 when we made a move to 1739 Grand Avenue Suite J. This move was a result of an issue with smoking and space. Once in the new location, the smoking issue re-surfaced and a significant break in the membership occurred. This caused us to reduce the number of meetings, as we no longer had enough members to have a meeting

every night of the week. In 1999, we decided that we could no longer support the meeting place and began looking for a smaller, less expensive location. As it happened, Sacred Heart Renewal Center was using our old room for other 12-step programs and allowed us to share the room with the other groups.

We made the move back to Sacred Heart in July of 1999. After a few years, we were able to move all of our belongings back into the room and we, once again, have our own meeting hall.

Although we no longer have any of our original members, Bob H. has been a member of the Traditions Group 22 of our 24 years. Traditions Group is currently holding two meetings a week with approximately 10 core group members. Although our numbers are small, Traditions Group continues to

FROM DISTRICT 81

We're an active District and this year looks to be especially so. The District committee meets monthly with good participation from the committee chairs and GSRs. There are around 30 registered groups in our District and several dedicated GSRs spend a couple of hours driving to attend the meetings, even in the winter. All of our District service positions are filled right now and I'm encouraged by everyone's enthusiasm. Our committees work to carry the AA message to local treatment and correctional facilities, keep our information line operating, schedules printed and literature available to members and the public.

Next month we look forward to two events. Together with Al-Anon, we are hosting a Valentine's spaghetti dinner/potluck with speakers and a dance on February 12th. Any proceeds will be going to the Roundup Committee for the 2005 Fall Roundup here in Missoula. On February 20th, Districts 93 and 81 are holding a GSR School/Workshop in Victor led by Robbie S., past Delegate.

In March we are hosting our first Pre-assembly on Saturday, the 12th. Many Area officers and committee chairs are coming to help inform our membership of the General Service Conference agenda items we will vote on at the Area Assembly in Lewistown. We hope many peo-

ple from District 91 and 93 will be attending, as well as a good turnout from the Missoula area, and that it will be a fun and informative day.

Our Roundup committee has been working hard on the preparations for next September. Stay tuned for more info.

I've been blessed in every opportunity I've had to serve Alcoholics Anonymous and these next two years will be no different. What an awesome fellowship! I thank my Higher Power for this gift of sobriety and all of you.

In love & service,
Julie R., DCM District 81

**2005 WEST CENTRAL REGIONAL
ALCOHOLICS ANONYMOUS SERVICE CONFERENCE
“BASICS OF OUR HOME GROUP—RECOVERY, UNITY, & SERVICE”**

MARCH 4th-6th, 2005
Best Western Ramkota Hotel: 2111 N. LaCrosse
Rapid City, SD 57701

HOTEL INFORMATION: The Best Western Ramkota Hotel is located off I-90 exit 59. Available room amenities include; Computer data ports, Internet accessibility, Cable TV, Pay per View Movies, Coffee maker, and Hair dryers. The facility offers indoor pool, Jacuzzi, exercise area, and onsite restaurant. The hotel also offers complimentary round trip airport transportation for guests. Room rate (flat rate for 1 to 4 people) is \$84.00 per night plus tax. 120 rooms have been blocked until **February 11, 2005**. The room block is being held under the code – West Central Regional Meeting. For reservations call **1-605-343-8550** or www.ramkota.com/rapidcity/

Friday, March 4

- 3:30 Early Bird Meeting
- 7:00 Opening and Welcome
- 7:15 General Session I – “Components of a Healthy Home Group”
Area 40, Montana
- 8:00 Break
- 8:15 Meet the Delegates and Part One of Discussion of GSC Agenda Items
(First year delegates will give their two-minute highlights for the General Service Conference)

Saturday, March 5

- 7:45 Early Bird Meeting
- 9:00 General Session II – “Recovery and the Home Group”
Area 52, North Dakota
- 9:45 Break
- 10:00 Breakout Sessions - DCM, Literature, PI/CPC, Newsletter, Delegate/Trustee
- 11:30 to 1:00 Lunch
- 1:00 Breakout Sessions - GSR, Archives, Corrections/Treatment, Grapevine, Area Officers
- 2:15 Break
- 2:30 General Session III – “Unity and the Home Group”
Area 24, Iowa
- 3:15 Break
- 3:30 Part Two of Discussion of GSC Agenda Items
- 5:15 Dinner on your own
- 7:00 Open A.A. Speaker Meeting (John K., General Service Trustee)
- 8:00 Break
- 8:15 Ask-It-Basket
- 9:15 Part Three of Discussion of GSC Agenda Items

Sunday, March 6

- 7:00 Early Bird Meeting
- 8:15 Regional Trustee Report (Chuck B., West Central Regional Trustee)
- 9:15 Break
- 9:30 General Session IV – “Service and the Home Group”
Area 36, Southern Minnesota
- 10:15 Thank you and Close

-----REGISTRATION FORM-----

NAME _____ Home Group _____

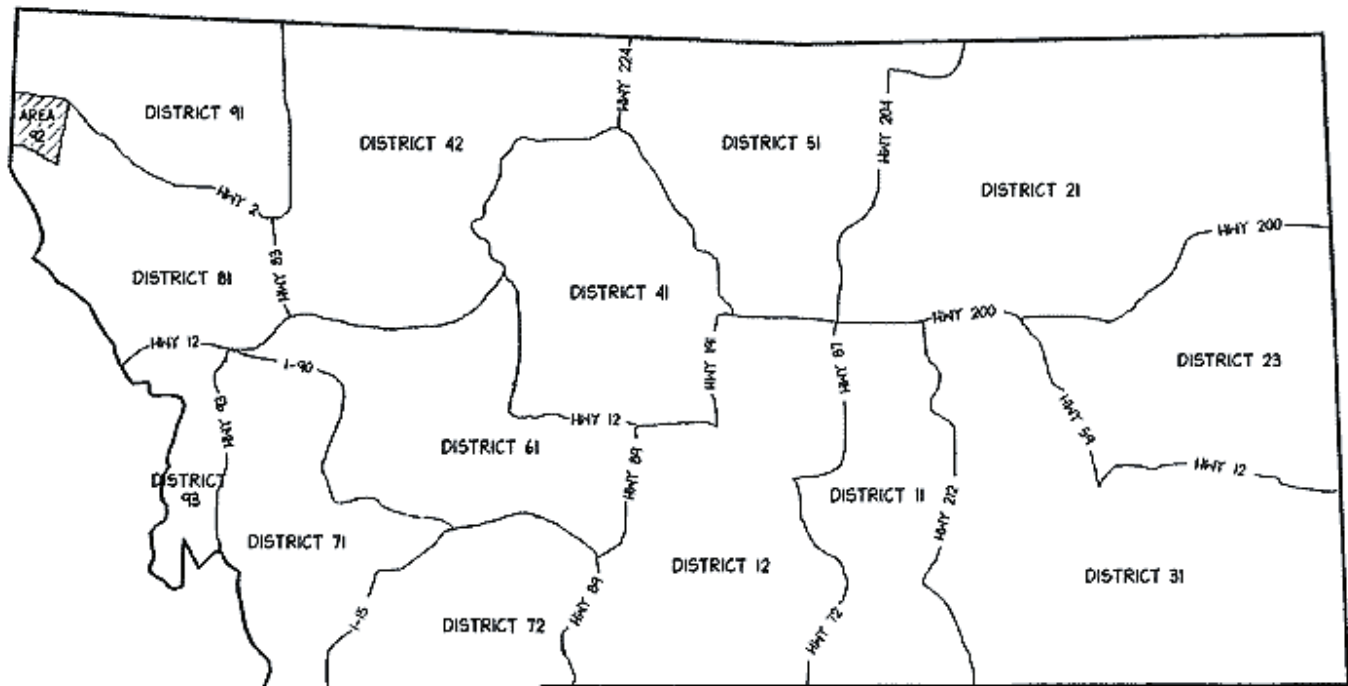
Address _____ Phone# _____

Position (GSR, DCM, etc) _____ Area Represented _____

Registration Fee \$8.00/Person
Make Checks Payable to: WCRAASC

Mail To: WCRAASC
P.O. Box 533
Black Hawk, SD 57718

For Information Email: jfe123@rushmore.com
(John E.)



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

COMMITTEE ASSIGNMENTS (CORRECT VERSION)

ARCHIVES		CPC		CORRECTIONS		GRAPEVINE	
DCM	23	DCM	12	DCM	31	DCM	51
DCM	11	DCM	61	DCM	91	DCM	93
District Rep	42	District Rep	72	District Rep	93	District Rep	41
District Rep	51			District Rep	61	District Rep	23
LITERATURE		PI		TREATMENT		FINANCE	
DCM	71	DCM	81	DCM	42	DCM	21
DCM	72	DCM	41	District Rep	11	District Rep	12
District Rep	31	District Rep	21	District Rep	91	Delegate	
District Rep	81	District Rep	71			Area Chair	

- **COLOMBIA FALLS—DISTRICT 91 - 13TH INTO ACTION WEEKEND FEB. 18-19**, Jessica 579-4891, Alida 892-5507
- **BOZEMAN—14TH ANNUAL VALENTINES DAY EVENT**—Nancy S 595-2766 or David M. 595-0117
- **DISTRICT 81—GSR SCHOOL—Feb 20**—Julie R. 829-0796
- **DISTRICT 93—GSR SCHOOL—Feb 20**—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
- **CONRAD—District 42 Spring Fling—May 14**—Ralph S. 271-2974
- **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
- **LEWISTOWN—Area 40 Assembly-Sept 17-18**—www.aamontana.org.
- **GREAT FALLS—REGIONAL FORUM—Sept 30, Oct 1-2**—Patty C. 453-3168
- **KALISPELL—FALL REFRESHER- Oct 15-16**—Clark P. 755-5294 or Angi H. 892-3852

If you would like your event listed here, please email the editor at Area40Triangle@hotmail.com or send it to 4522 Shasta Lane, Billings, MT 59101

We absolutely insist on enjoying life.



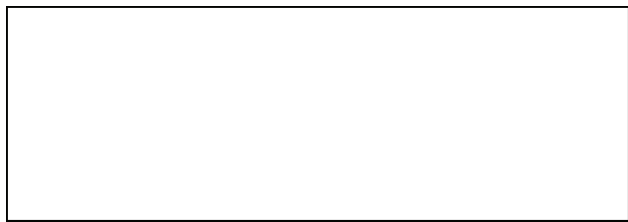
Area 40 Triangle
4522 Shasta Lane
Billings, MT 59101

CONFIDENTIAL

Non-Profit Org
U.S. Postage Paid
Billings, MT
Permit No. 452

RETURN SERVICE REQUESTED

RETURN SERVICE REQUESTED



Subscription Information:

Expired above your name means your subscription has expired.

Groups are encourage to be self-supporting in all aspects including their subscription fee.

Individuals: If your subscription has expired, this will be your last Triangle.

TRIANGLE SUBSCRIPTION FORM

If you would like a subscription for yourself, a friend or your group, please return this form.

The cost of the Triangle is \$10 per year.

SEND TO: Area 40 Triangle, 4522 Shasta Lane, Billings, MT 59101
Make checks payable to Area 40.



Name _____

Address _____

City, State, Zip _____