



“We have shown how we got out from under. You say, “Yes, I’m willing. But am I to be consigned to a life where I shall be stupid, boring and glum, like some righteous people I see? I know I must get along without liquor, but how can I? Have you a sufficient substitute?”

Yes, there is a substitute and it is vastly more than that. It is a fellowship in Alcoholics Anonymous. There you will find release from care, boredom and worry. Your imagination will be fired. Life will mean something at last. The most satisfactory years of your existence lie ahead. Thus we find the fellowship and so will you.”
Alcoholics Anonymous, Page 152 (Third Edition)

Volume 15 / Issue 1

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Welcome to the New Area 40 Triangle!

Welcome to the **Area 40 Triangle** Newsletter, 2007 Edition.

My name is Raymona C. and I’m an alcoholic.

By some weird twist of fate and the grace of GOD, I’ll be your Triangle editor for the next 2 years.

I am both excited and scared to death to be privileged with the responsibility of this Newsletter. I am no stranger to Newsletters as I have been the Editor of the newsletter at the church where I work for the last 7 months. However, my audience is much bigger with this one and so are my expectations of myself. I want to thank Carole B. for all her help and

guidance in making the Triangle transition smooth. She had her own new position and yet was loving and patient with all my questions and fears. The spirit of rotation has come into play as we all do what was done for us in passing it on. THANKS CAROLE!

Please help me to make YOUR news letter informative and fun.

There is a new PO Box and email address for Triangle information. Feel free to send your information, comments and ideas to:

AREA 40 TRIANGLE
PO BOX 2337
COLUMBIA FALLS, MT 59912
triangle@aa-montana.org

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New Area 40 Chair Positions

Last fall in Lewistown, Montana, the new Area 40 chair positions were elected. What excitement to see the third legacy voting procedure put into action during the elections! It would be a good idea to get to know your new chairs and congratulate them in their new positions. So many positions begin anew at

this time. We have all new DCM’s, GSR’s, Treasurers, Secretaries, Intergroup Reps, PI/CPC’s, Treatment Reps, Grapevine Reps, Archive people... the list goes on. Congratulations to all who are brave enough to step into a leg of the triangle in service, and where would we be without

those in service?

Congratulations to those beginning at the most important level of service, the new recruits for coffee makers!

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delegate@aa-montana.org

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**AREA 40 7th TRADITION
CONTRIBUTIONS**

Please Send Your AREA 40 CONTRIBUTIONS
TO :

**AREA 40 - PO BOX 1332
HELENA, MT 59624**

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Columbia Falls, MT 59912

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Helena MT 59624

From the AA Service Manual

“AA’s Third Legacy Procedure is a special type of electoral procedure, used primarily for the election of delegates and regional and at-large trustees. It is considered to be unique to AA, and at first glance, appears to introduce a strong element of chance into a matter that should depend solely on the judgment of the majority.”

THE AA SERVICE MANUAL—PAGE S20

Greetings Area 40,

Welcome to a new rotation of service. I am both excited and privileged to serve as your Delegate for this rotation. I am a Panel 57 delegate. The 57 stands for the number of the General Service Conference (GSC) in my first year as delegate. Thus, this year's GSC will be the 57th one. That means there are a lot of delegates who have gone before me. My primary committee assignment for the GSC is the Finance Committee. I also have a secondary assignment on the Archives Committee. The Archives Committee normally meets as a committee for only an hour and a half during the conference. Apparently there are some significant policy recommendations coming to the Archives Committee this year because the chair of the Archives Committee is already arranging for us to have an additional meeting during the GSC.

The final agenda for the 57th General Service Conference will be coming out early in February and the background material for these agenda items will be sent to the delegates in the middle of February. I will in turn make copies and send them to all the DCMs that requested copies, either on CD or paper. We'll get our first chance to discuss these agenda items with other AA members from all over our region at the West Central Regional Alcoholics Anonymous Service Conference in Lincoln, Nebraska, March 2 – 4. The West Central Region includes MT, WY, NE, IA, MN, ND & SD. A number of Area 40 DCMs have already informed me that they will be attending this conference. It is a great way to become better informed about the issues and to find out more about how general service is handled in our neighboring Areas.

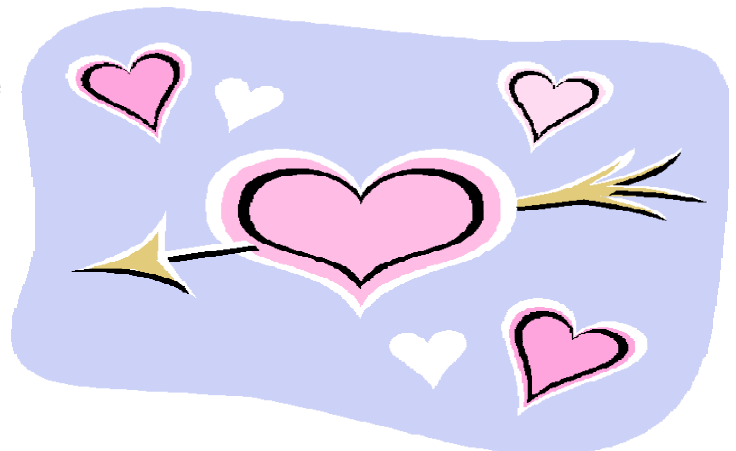
The agenda items for the GSC will be the majority of the agenda items for our upcoming Spring Assembly, April 14 – 15 in Lewistown, Montana. Carole B, our Area Chair and Alternate Delegate will be putting together the agenda for the assembly. Before we get to the assembly we'll have a chance to discuss these agenda items at three pre-assemblies. The first pre-assembly will be March 10 in Kalispell. As of the date of this letter, the exact dates and times of the other two pre-assemblies had not been confirmed. Hopefully this information will be forthcoming shortly. At the Spring Assembly we'll go over all the agenda items in depth in the committee meetings and in the general assembly. For the GSC agenda items, we will not take any action but I will ask Carole to ask for a sense of the assembly on a number of these items. This will enable me to represent Area 40 at the General Service Conference in New York as a more well-informed delegate.

Yours in love and service,

Andrew W

Area 40 Delegate

Panel 57



.....
A WORD FROM YOUR TRIANGLE EDITOR....
.....



I must give credit where credit is due. If the format and some of the headings in this Triangle look familiar, they are. I borrowed the format from the Triangle, Volume 12 —Issue 1. Since it is my first edition, I did not have the nerve or time to totally recreate the look. Please bare with me as I bring more of my own creative talents into this publication. Also, in an effort to stay humble, I am always open to constructive criticism as long as I am allowed to put some of myself into what I do! You had the confidence to elect me to this position, I trust we can make this a wonderful publication together over the next two years. Thank you so much for the opportunity to serve. Although some would doubt my ability, I pray that I do not let you down.

In love and service, Raymona C.—Triangle Editor

Area 40 Triangle

Welcome to a new rotation in the life of Area 40 Alcoholics Anonymous. My name is Curt K and I am an alcoholic and your new Area 40 Treasurer. I have been reminded of my alcoholism over the past few weeks as I settle into this latest service position. I am thirteen years sober and have held service positions of all kinds in AA, from assistant literature chair for my home group (which consisted of carrying one literature rack to one meeting each week), to acting as secretary of my group, to washing cups in the men's bathroom at the Labor Temple when I was first new to my group, to being a GSR. How I know I'm still alcoholic through all these incarnations of service is that I go through some version of the same process with the beginning of each one. I am filled with a combination of fear, anticipation, eagerness, and hope.

When given a choice, I prefer to look good and appear as if I know everything. Does that seem alcoholic to you?! So beginning anything new brings a bit of unwelcome uncertainty to my life. I have been taught and truly believe that one of the foundations of my continued sobriety is service. But that has not magically removed the shards of ego and fear that lurk in me. After this amount of time in AA, I have come to believe that any fear I have tips me off to a corresponding lack of faith. And for me, that usually means I am relying on myself rather than God. It's a simple analysis, so you'd think I would skip the self-reliance and fear part and just hang with God at all times. Unfortunately, I have been so accustomed to running the show (20 years of drinking...) that it feels natural, more natural than trusting God to handle things. Luckily AA has given me a way of life to counter my nature as an alcoholic.

As I first took the steps and continue to do so, I have been given the tool of regular inventory to help me take stock of the flaws, mistakes, and character defects that were with me through my drinking and the ones that are still with me in sobriety. My charge is to take account of my shortcomings, ask God to remove the ones that stand in the way of my usefulness, go clean up any messes, and get out there helping other alcoholics. It is this routine of trust God, clean house, and work with others that has propelled me through a good sober life.

Beginning a new service position is no different than any other new beginning for me in my sober life. If I am willing to ask for God's help, if I continue to take stock of my actions, if I bring a spirit of helpfulness, and if I remember that my service in the Area is to further our primary purpose of helping other alcoholics get and stay sober, then my experience so far tells me that the fear I am feeling now is optional.

It has been my experience that the kind of help God offers in this process is very tangible. To counter my tendency toward self-reliance, God has put all kinds of good examples of AA service and servants ahead of me. As I go into my Treasurer position, I am surrounded by past Treasurers. In Helena where I live, there are no less than three past Area 40 Treasurers including Sid G. who immediately preceded me in the position. The telephone and email give me access to at least three other past Treasurers that I can name. AA is like that. I am sober today because there were many, many sober drunks here when I got here who were eager to share their experience, strength and hope with me. It works the same way as I go into a new service position. I simply need to step up as the next one in a long line. I simply need to reach out to the strength and hope around me and I will have the privilege of serving AA in my new position. It sounds like a whole lot of fun when I know I'm not alone. I can see past the twinges of fear to the hope and eagerness that make a new challenge exciting and fulfilling. I hope you'll see your newest way to serve AA the same way.

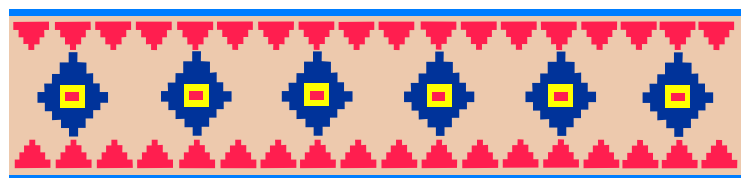


Yours in hope and service,

Curt K. - Area 40 Treasurer

Hello everyone,

I would first like to thank everyone for being of service past and present, I would also like thank you for allowing me to serve as your area 40 treatment chair. My first experience with AA was at age 17 the court thought I might have a drinking problem. I thought I did not and so started my journey in and out of AA, treatment centers, jails and all those great places we alkie get to go. I found my way to this wonderful fellowship by way of a treatment center some years later when I was asked to leave the center. I was told they could not help me (beyond human aid) and I found myself on the lawn with no place to go (Jumping off place) That night on the grass of the treatment center, I knew something like I never knew before clean down to my bones; I was an alcoholic at age 35 and I was scared to death (1st step). I did not know what to do so I thought maybe I should go some place and kill myself. After all, I had lost one family and my job was going to can me after 17 years. The woman I loved was buying a plane ticket home.



I just fell over on the grass and started to cry. After some time of laying on the grass, I got back up - still crying and still no place to go. I walked back in to the treatment center looking for Chuck, my counselor. I don't know why (Higher power). Well, I found Chuck. He was still there it was about 8:30 at night, and he said he had been waiting for me and had I hoped that I would come back.

He took me down the hall to his office and sat across from me. He said, " Geoff, I am not only a CD counselor, but I am also a member of AA," He began to share with me his experience strength & hope, what it was like where he had been and how he found the AA fellowship, the program of the 12 steps and how his life had changed by being a part of AA. After he shared his story with me, I had a really strange feeling that this guy knew who I was, where I had been, how I was feeling and had felt all my life. He sounded as if he had an answer to the problems we have in common. I never heard that when I was 17 and in and out for years. I heard that man that night when I had no place else to go. I thank my Higher power that Chuck decided to wait and give me the gift that was freely given to him. I will do my best to do the same. "Near you, alcoholics are dying helplessly like people in a sinking ship. If you live in a large place, there are hundreds high and low, rich and poor, these are future fellow of Alcoholics Anonymous. Among them you will make lifelong friends. You will be bound to them with new and wonderful ties, for you will escape disaster together and you will commence shoulder to shoulder your common journey. Then you will know what it means to give of yourself that others may survive and rediscover life. You will learn the full meaning of "Love thy neighbor as thy self" (Alcoholics Anonymous pages 152-153).

Thank you again for allowing me to be of service to area 40.

With Love & In Service

Geoff D — Area 40 treatment Chair

Greetings Area 40,

In April, the 2007-2008 rotation of trusted servants will assemble in Lewistown to conduct the business of Area 40 as well as review the items on the agenda of the General Service Conference. Some of you may ask, how are items placed on these agendas? Well, it's part of my job to inform you of this process.

Say a member has an idea, question or concern. The member may then discuss this item at the group conscience meeting of their group. The group may then instruct their Group Service Representative (GSR) to bring it to their District meeting. The

District may then forward it to the Area Chair for placement on the agenda of the Area Assembly. Agenda items are due to the Area Chair by February 1 for the Spring Assembly and July 1 for the Fall Assembly.

The Area Chair will then assign the item for consideration by the appropriate standing committee. If the standing committee votes to move it forward, the entire assembly will vote on the item.

If the item is to be placed on the General Service Conference's agenda, the Area Delegate will then forward it to the General Service Office for consideration by the Trustee's Committee then it is referred to the appropriate Conference Committee.

Last April, Area 40 had four items for consideration by the General Service Conference. One of these items was approved by the Conference. Thus, an addition of a reference to the publications 'A.A. Guidelines: Finance' and 'The A.A. Group Treasurer' in the pamphlet 'Self-Support: Where Money and Spiritually Mix' will be made.

So if you have an idea, bring it to your group! If you have any questions regarding this process, please contact me at chair@aa-montana.org.

Yours in Service,

Carole B.— Area 40 Chair

My name is Conrad M. I am an alcoholic. I am also your new Area 40 Archives chair person. The beginning of a new rotation, as always, is filled with anticipation, fear, and dreams of grandeur; much like anyone in a new service position. Just last year while attending the WCRAASC I heard "God does not choose the qualified. He qualifies the chosen." This is very true in my case. I have no clue what an archives chair person does. Good thing for us there is an archives workbook, Area 40 policies and procedures document, along with many past chair persons to give clear distinction and help. I look forward with anticipation to the many tasks ahead, preassemblies, assemblies, workshops, and whatever I am asked to do in the service of my fellow alcoholics. It has been my fortune to learn that service is one of the actions I need to take to enrich the quality of my sobriety. As for those dreams of grandeur, just let your mind run wild for a minute. It can't get any farther out than my own. Thank-you Area 40 for all opportunities to be of service and be an active part of my recovery.

In Service,

Conrad M. -Area 40 Archives

Area 40 Triangle

In Service; Beginnings and New Opportunities

At about 40 days sober, I was delegated the GSR for the meetings (and town) where I got sober. Two weeks later I was at my first AREA 40 Assembly. *I do not recommend this.* There are reasons the AA pamphlet on GSR's recommends three years of sobriety! If it was not for the late Henry [from Wolf Point] and his lovely Al-Anon wife 'tag teaming' me all weekend with coffee and ice cream, I doubt if I would be sober today. I wanted nothing to do with Alcoholics Anonymous. I was shocked and horrified at the yelling and egos demonstrated at that memorable weekend.

But I kept coming back. In fact, the two Area Assembly weekends became two of my favorite weekends of the year. It awed me (and still does) how "erstwhile erratic alcoholics successfully meet and work together." Plus the added benefit of greeting old friends and meeting new friends. Of course, there is the advantage of living in low populated area of Montana where two years in a service position may turn into four (or six or eight, or . . .) Then I got sick. I contracted a virus that attacked my immune system. There were years I was hardly able to make a meeting let alone do much service work. When I started to regain my health, I was "well up in the teen years" of sobriety. I thought it was time to become an "elder statesman" and let newbies (which is 'new babies' melded into one word) take over the service positions.

A new appointment as an Alternate GSR awarded me my first trip back to Area Assembly since spring 1999. Hot Damn. It was like coming home! I still get a grin on my face when I remember the 2006 fall assembly. It was **so** good to see so many 'old' friends.

When I was nominated for the Grapevine chair, I started to pray; "God, my life is Yours. If I get elected, I trust You will give me the strength to fulfill the obligations. Thy Will, not mine, be done." It was hard not to cry when I learned I won the vote. To me, it was a God-moment of confirmation that my health **is** better (not just in remission).

Since getting elected, I have had moments of panic. My thoughts are: "I can't do this!" That is true and correct, I cannot fulfill this position on my strength alone. I can hardly do a doggone thing on my strength alone. But, wow, have I been able to do things beyond my wildest imagination through learning to live life on spiritual principles. #1 is staying sober. There is no way in the world that I ought to be sober. No way. Yet, one day at a time, through God and this program, I have been able to stay sober for thousands of days. Totally and overwhelmingly and

humbly awesome.

When I panic (and then pray) God sends angels to hug and encourage me in all manners such as an email from Gail, or Carole, or Sam, or Dave, or . . . or real hugs from the ladies at my home group or from people in my district or other A.A. friends. I have a multitude of support and help. I am **not** doing the Grapevine position alone. In fact, I am not alone at all any more.

How cool is that?

by Billijo D.— Grapevine Chair.

New Beginnings in Service

I was delighted to receive an invitation to write an article for the Triangle, and on a topic, which is near and dear to my heart. I remember the sometimes wonderful, but mostly humbling experience of having just been elected to a new position, and having the realization that I neither had the skills nor the expertise to do the job. But I had the willingness, and over the course of the term for the position, I took the actions necessary to show up and do what was in front of me to do (imperfectly, of course). And in each case, I was able to perform the duties of the job.

When I was elected delegate during the fall assembly of 1997, it did not really sink in until hours later when I was standing in front of a mirror in the bathroom of my motel room. I remember looking at my reflection and saying out loud "they just elected you delegate". I then laughed a very nervous laugh as the reality and depth of the position began to sink in. Fortunately, I was sharing that room with my sponsor, who quickly reminded me that my real job was to show up and be of service.

In A.A.'s Legacy of Service, co-founder Bill W. wrote:

"Our Twelfth Step — carrying the message — is the basic service that the A.A. Fellowship gives; this is our principal aim and the main reason for our existence. Therefore, A.A. is more than a set of principles; it is a society of alcoholics in action. We must carry the message, else we ourselves can wither and those who haven't been given the truth may die."

What I love about this passage is that it clearly states that our principle aim is to carry the message and we do this as a society of alcoholics in action. And according to the Bigbook, action is the magic word! The beauty of service in AA is that it doesn't matter so much what you can do, as what you will do. Or as my sponsor said and continues to say, "Just show up and be of service!" We take these actions so that we ourselves don't wither, and to ensure that the hand of AA is always extended to the still suffering alcoholic.

I have never felt qualified to do a service job that I was elected to do in AA. In my experience, jobs in AA are a work in progress. By showing up and putting forth the effort to learn from those around me, and by reading the pertinent literature, I have been able to learn the job as I go. And by the time I did feel qualified to do the position, it was time to rotate out.

In a June 1996 issue of the Grapevine in an article entitled "The Spirit of Rotation" Don P. of Colorado wrote:

'One of the most valuable resources of any organization is the experience of those who have gone before. The sharing of what they've done right, and the sharing of the mistakes they've made, become a solid foundation for continued healthy growth. Because of the wise and spiritual principle of rotation, we in Alcoholics Anonymous are blessed with a constantly vital and always growing pool of people whose primary aim is to serve the AA Fellowship.'

For me, the wisdom of these words sums up what AA service is all about. Our primary aim in service is to serve the AA Fellowship. It is not to be the winner of a popularity contest, or to be the best secretary, or to take ownership in the job title. And because serving the AA fellowship is the aim, qualifications and skills are not nearly as important as willingness and action. And when we reach the end of our term, and our focus has waned from "I want to work hard and serve the fellowship well" to "I am pretty good at this job", it is time to rotate on. Rotation allows a fresh mix of new people to take over, whose primary aim is to serve the fellowship.

So, congratulations to everyone starting a new service position in 2007. May you serve the fellowship well! And if you don't know what to do, take a suggestion from a wise man I know and "just show up and be of service".

Eric D. - Past Delegate (Panel 48)

My name is Neil and I am alcoholic. Thus began the meeting in which I was elected to represent our district (31). Prior to this I was quite satisfied in chairing local meetings and really felt barely adequate in doing so. Nonetheless, group conscience chose me. I was hoping the other guy would get the position.

I've had this labor of love for only a few weeks and remain amazed and honored that fellow alcoholics are willing to take time to join me in traveling to distant towns, chipping in for fuel, and making a journey enjoyable. One such trip took seven hours plus the meeting. What I took from the meeting was that it's been a one person group for some time now, and she doesn't even live in the town of Baker. Every Thursday she dutifully is there at the Lutheran church to share the message of experience strength and hope, often alone. I wonder if I could do that.

Neil T. - Dist. 31 DCM

When I first came to Alcoholics Anonymous, I was only concerned about me. I had no interest in learning about spiritual actions in AA or being of service. My agenda was clear; to get "them" off my back just long enough so I could go do what I wanted to do. It did not take long until my sponsor and the members of my Home Group showed me the value of sobriety and service to our Fellowship. My gratitude for them continues through today.

For me, service to our Fellowship started after watching other members and the actions they took in gratitude for what they had received. I watched closely and it seemed the active members in AA were enjoying their sobriety. Simply, they had what I wanted and I was willing to take the actions necessary to enjoy the same sober life.

There seems to be a cost to be of service. I was asked to lay aside my ego. Effective leadership and service comes from the heart, not from my self will. I was asked to remember I was elected to serve and there would be occasions where my personal plans would have to be changed. I was asked to be available to offer input: without prejudice and to be factual in my responses. Although the costs were not monetary, the costs were huge and in opposition to my normal, self centered way of life.

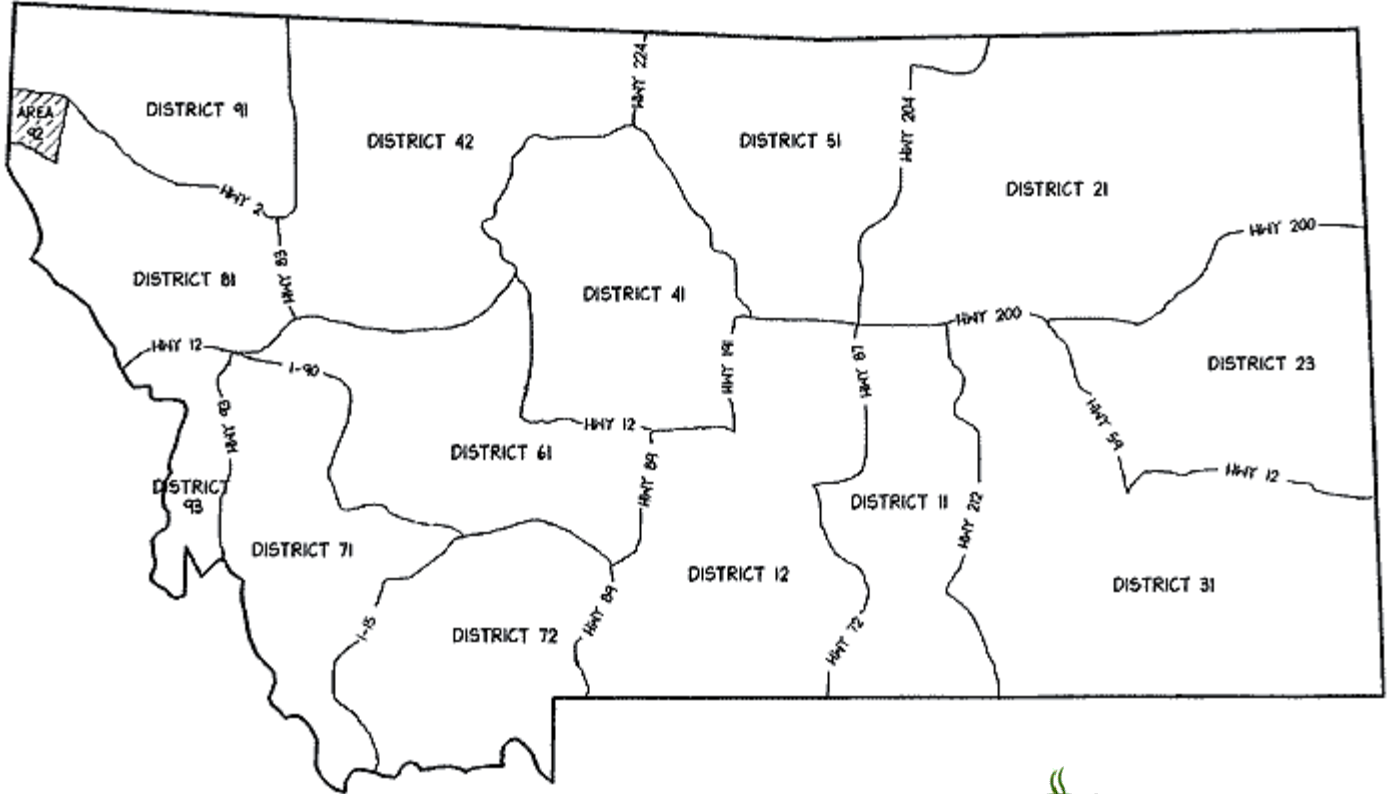
After a few years in the service structure of Alcoholics Anonymous and trying to do the best I could at each service position, I now stand at the beginning of one more position. The experience of the previous positions will be invaluable; the humility of being able to ask for help from those who have gone before me in this position will be immeasurable and reliance upon a God will be my principal guide.

The spiritual Fellowship of Alcoholics Anonymous provides many opportunities to "pay back" what has been so freely given to me through service. I take on each service position with the attitude that this is all for fun and for free. However, there is a deadly earnestness about all of it. As with recovery, my understanding of any service position continues to be an on going process that ultimately culminates the moment I am asked to rotate on.

As always, if I can be of service - let me know. After all, I do owe this sober life to you.

Scott W. - Area Advisor

Area 40 MONTANA



Districts Major Towns:



- District 11 - Richard K DCM - Billings
- District 12 - David R DCM - Laurel
- District 21 - Dave G DCM - Wolf Point/Glasgow
- District 23 - Joe P DCM - Glendive
- District 31 - Neil T DCM - Miles City
- District 41 - Mary S DCM - 45Great Falls
- District 42 - Michelle M DCM - Shelby/Choteau/Browning
- District 51 - Doug M DCM - Havre
- District 61 - Tim M DCM - Helena
- District 71 - Richard P DCM - Butte
- District 72 - Lori F DCM - Bozeman
- District 81 - Paula H DCM - Missoula
- District 91 - April A DCM - Kalispell/Whitefish
- District 93 - Jan V DCM - Hamilton

Non Voting Officers

Advisor - Scott W
 advisor@aa-montana.org
 Billings

Archivist - Gerry R
 archivist@aa-montana.org
 Clancy

Webmaster - Alex M
 webmaster@aa-montana.org
 Helena

WWW dot Info:

Area 40 Web Page: www.aamontana.org

AA World Services: www.aa.org

Grapevine Web Page: www.aagrapevine.org

District 91 Intergroup site: www.aa-nw-mt.org

February 2007

Schedule of Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9 Into Action Dist 91	10 Into Action Dist 91
11	12	13	14	15	16	17 6th Chapter Birthday Night
18	19	20	21	22	23	24 Flathead Birthday Night Dist 12 Midwinter Social
25	26	27	28			

6th Chapter Birthday Meeting is now held on every 3rd Saturday of the month @ 7:00 pm at the Alano Club in Bozeman instead of the last Saturday.

District 91 - Into Action Weekend
February 9th & 10th
LaSalle Grange Hall - Kalispell

Flathead Valley Intergroup -
Monthly Birthday Meeting.
February 24
Montana Vet's Home - 8:00pm

District 12 - Midwinter social
February 24th 2007 - Joliet Community Center
(1st building on the right going south on 212)
Speakers/potluck - doors open at 4:00pm

Sober Ski
March 2 -4
Whitefish, MT - Bev - 862-7942

March 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Sober Ski - WF	3
4 Sober Ski - WF	5	6	7	8	9	10 PRE ASSEMBLY EVENT
11	12	13	14	15	16	17 Birthday Night 6th Chapter
18	19	20	21	22	23	24 Birthday Night Flathead Valley
25	26	27	28	29	30	

District 91 Hosts - Pre Assembly
March 10th @ The Kalispell Alano Club
All Area Chairs welcome

Flathead Valley Intergroup -
Monthly Birthday Meeting.
March 24
Montana Vet's Home - 8:00pm

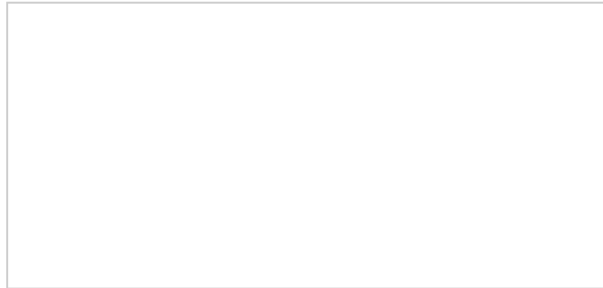
The 2007 Great Falls Roundup is Sept 28-30th.

Area 40 Spring Assembly 2007 Lewistown - Yogo Inn April 13-14

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