



AREA 40 TRIANGLE

A Newsletter for A.A. in the State of Montana

Are You Attending the Area 40 Spring Assembly?

The Spring Area Assembly is just weeks away. Is your group sending a General Service Representative (G.S.R.) to represent your group? Is the District Committee Member (D.C.M.) for your district planning on attending? The big question is, do you know why it's important that your group and district are represented at the Area Assembly?

Alcoholics Anonymous is an upside-down organization, "because, as the structure chart shows, the groups are on the top and the trustees at the bottom. Bill W. wrote in Concept I: *The A.A. groups today hold ultimate responsibility and final authority for our world services.* Then, in Concept II, Bill made it clear that the groups *delegated to the Conference complete authority for the active maintenance of our world services and thereby made the Conference... the actual voice and effective conscience for our whole Society.*" But for this to happen—the groups to hold the "ultimate responsibility and final authority" and the Conference to be the "actual voice and effective conscience for our whole society"—requires each group and district to participate.

Your group's G.S.R. will bring your group's conscience with them and will weigh and consider all the information that is presented at the Area Assembly and will vote on important issues. These issues affect Alcoholics Anonymous in our districts and area, as well as A.A. as a whole. "Only when the G.S.R. keeps the group informed, and communicates the group conscience, can the Conference truly act for A.A. as a whole."

Your district's D.C.M. is "part of the area committee" and "is an essential link between the group G.S.R. and the area delegate to the General Service Conference. As leader of the district committee, made up of all G.S.R.s in the district, the D.C.M. is exposed to the group conscience of that district. As a member of the area committee, he or she is able to pass on the district's thinking to the delegate and the committee."

The Spring Area Assembly is this coming April 5th - 7th in Great Falls, MT. Hope to see you there! *(Quotes from The A.A. Service Manual, S25 - S34)*

"Most A.A. members are primarily interested in their groups, in their own sobriety, and in helping other drunks one-on-one. And that is as it should be. While the work of general service has precisely the same objective—carrying the message to the alcoholic who still suffers—the connection is not always direct or obvious. Some stimulators are usually needed to get the attention of A.A. members—to show them that service can add a rich dimension to their sober lives and Twelfth Step work, and that their participation is vital to the future of A.A.

Good Communication is of vital importance. In personal Twelfth Step work, there is no end to communication. The sponsor talks with the drunk; speakers share their experience; we share with each other. But when it comes to general service work, communication has a tendency to break down. It can take hard work to get the attention of alcoholics, but with a creative approach, they can be encouraged to take time out from the nuts and bolts of recovery to think about another phase of their new lives. Once A.A. members are well informed about service, they often want to become involved and to take on their own service responsibilities." *The A.A. Service Manual*, p. S23

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Bored? Take a Gander at Our Events Calendar ➤ p. 7

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Excerpts from A.A. Literature, materials, and Grapevine are reprinted with permission of A.A. World Services and Grapevine, Inc.

The Triangle is anonymity protected. All A.A. members are identified by first name and last initial only.

"If I were asked which of our blessings I felt was most responsible for our growth as a fellowship and most vital to our continuity, I would say, the 'Concept of Anonymity.'" Bill's last message read by Lois, 1970 Annual New York Intergroup Dinner

STOP THE PRESSES!!

The 2021 West Central Regional Forum will be held at the Hilton Garden Inn in Missoula!

Save the date
September 10th - 12th, 2021

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SERVICE & THE A.A. MEMBER

“Service is our Third Legacy. Recovery and Unity are the First and Second. Service to others and to the Fellowship reminds us that we owe our sobriety to the work of earlier members, and that our continued sobriety may depend on the hundreds of thousands who still need to learn of A.A. Their participation may well be part of our future.” - *Inside A.A.: Understanding the Fellowship and its Service Agencies* pamphlet



“Okay! I just finished my ninety meetings in ninety days!
When will you people tell me how this thing works?”

Pay for Your Newsletter Online!

Groups are encouraged to be self-supporting for their Triangle subscriptions. You can pay online at aa-montana.org or you can mail in your subscription to Area 40 Triangle, P.O. Box 852, Milltown, MT 59851.

OUT OF FEAR, INTO SERVICE**From Panic Attacks to Being a Confident DCM: A Story of Love, Service and Sobriety**

I came into AA in 1982 in the basement of a church in Unionville, Ontario. I was absolutely terrified and desperate. I did not come because I wanted to; I came because I had no place else to turn. I went to meetings, open and closed, nervously sweating each time. I wanted to be there because, for once in a very long time, they gave me a bit of hope. I never shared at closed meetings. It always took all of my strength to just say my name and that I am an alcoholic.

After three years my family and I moved to Muskoka. I started to attend meetings there, but there were very few women so I stayed to myself. I joined a group and got a sponsor but that was all I did for a number of years. I had a growing family at home and I was working full time. A meeting once a week was all I did for some time.

I don't remember when I first heard about service. I just know that at some point in time I started to attend business meetings. There were always positions open for service work. I remember finally getting the courage to say I would be willing to try one position. I did secretary, treasurer and PI/CPC. It was doing PI/CPC where I caught the bug. I had listened to those in my group talk about the adventures they were having doing service work and I started to want what they had.

Next I found myself allowing my name to stand for Alt. GSR, then GSR. I found going to district meetings incredibly confusing and overwhelming, but I was starting to fall in love with service. I took on the position of Treatment chairperson at district and could not believe the satisfaction and excitement that I was experiencing doing this work.

Eventually, I allowed my name to stand for Alt. DCM and then DCM. Attending area committee meetings and area assemblies made me nervous but I always looked forward to them. I was meeting so many beautiful, dedicated people. I stood in awe of them and wanted to be just like them when I grew up! Every time I considered a new position, I thought I cannot do this. Then I was told, all I have to do is follow the information in the workbooks and job descriptions and do it to the best of my ability.

Before I became involved in service, I was one very, very nervous Nellie. Panic attacks followed me everywhere. I was unable to drive, shop or properly look after my children. As an employee, I was a liability, not an asset.

It is in service that my relationship with my Higher Power got even closer. It is with my Higher Power that I came to grips with my fear. It is with the support of my AA friends and sponsors (two, because I have a service sponsor as well) that I have grown as a person in this fellowship. I would never have been able to stand up and been a DCM, let alone hold positions on the area committee, but here I am and I would not trade it for the world.

Giving back in service has allowed me to become the person I have always wanted to be, keeping in mind that the goal is progress, not perfection. Thank you, AA.

Pat S., Gravenhurst, Ontario, AA Grapevine, December 2018

THERE MUST COME A DAY...

“There must come a day, it seems to me, when every alcoholic, in or out of A.A., finally sits down in the presence of his enemies. When he does, he will be amazed to discover that he is attending a meeting of one—himself. The day the alcoholic in A.A. realizes that his enemy is within, that the tigers are largely creatures of his own design and lurk in his own unconscious, that is the day when for him A.A. becomes what I believe its founders meant it to be: a flight *into* reality.” - *A Member's Eye View of Alcoholics Anonymous* pamphlet, p. 25

2020 A.A. INTERNATIONAL CONVENTION: Love and Tolerance is Our Code

“In less than two years—July 2-5, 2020—the International Convention will celebrate A.A.s 85th Anniversary in Detroit, Michigan. With a theme of “Love and Tolerance Is Our Code,” A.A.s from around the world will converge on Detroit to celebrate sobriety and to share experience, strength, and hope in meetings, panels and workshops at the Cobo Center, the Ford Field stadium and at other locations throughout the friendly city.” **Registration forms will be mailed August 2019. Online registration will be available September 9, 2019.**

AREA 40 SPRING ASSEMBLY AGENDA

Holiday Inn, Great Falls, MT - April 5th - 7th, 2019

FRIDAY SESSION

8:00-10:00 Assembly Attendees Welcome Session, Delegate, Paul L.—*Mansfield Room*
 8:00-10:00 Area Standing Committee of Area Chairs and DCMs—*Russell Room*

SATURDAY SESSION

7:30-8:00 **Sign in:** GSR's and visitors sign in with their District's DCM
 (DCM's please give the sign in sheets to the Area Secretary no later than 10:00 a.m.)

8:00-9:00 **Welcome:** Serenity Prayer, Traditions, Concepts, Housekeeping
Orientation to the Assembly—Delegate, Paul L.
Roll Call – Past Actions—Area Secretary, Brynn C.
Financial Highlights—Area Treasurer, Ashley J.
Triangle Report—Triangle Editor, Catherine B.
Chair Report—Area Chair, Connie R.
DCM Reports (5 minute limit; hard stop at 9:00. Continued in afternoon.)

9:00-9:15 **Coffee Break**

9:15-12:00 **Standing Committee Meetings:**

Archives/Area 40 Structure & Policy—*Russell Room*
 CPC/Trustees—*Executive Suite "B" Room (7th floor)*
 Corrections/International Convention-Regional Forums—*Missouri Room*
 Finance—*Boardroom (2nd Floor)*
 Grapevine/Policy & Admissions—*Lobby Suite "A" Room*
 Literature—*Lobby Suite "B" Room*
 Public Information/Report and Charter & Website—*Executive Suite "A" Room (7th floor)*
 Treatment Facilities/Agenda/Bridging the Gap—*Trigg Room*

Workshops: (For those not attending committee meetings)—Mansfield Room

10:00-12:00 **Workshop: Topic "Is AA Relevant in Today's World?"**
 Carole B., Panel 59 & Current General Service Trustee & Libbie L. Past Area 40 Delegate Panel 65

12:00-1:30 **Recess for Lunch**

1:30-2:00 Remaining DCM Reports

2:00-2:45 Delegates Report (with Questions and Answers)

2:45-3:00 **Coffee Break**

3:00-5:00 **Floor Assembly (Committee Reports, Motions, and Discussion)**

DCM Reports (Finish)
 Archives/Area 40 Policy & Structure—*Kacie N.*
 Archivist Report—*Earl F.*
 Ad-Hoc Committee—*Sherry C.*
 Corrections/International Conventions-Regional Forums—*Jeremiah S.*
 Public Information/Report and Charter & Website—*Sabrina C.*
 Webmaster Report—*Brandon M.*
 Treatment Facilities/Agenda—*Steve S.*
 Grapevine/Policy & Admissions—*Shawn N.*
 Literature—*Grant M.*
 CPC/Trustees—*Terri T.*
 Finance—*Ashley J.*

Tradition Three Snip-it

The only requirement for A.A. membership is a desire to stop drinking.

"If alcohol is an uncontrollable problem to *him* and *he* wishes to do something about it, that is enough for us. We care not whether his case is severe or light, whether his morals are good or bad, whether he has other complications or not. Our AA door stands wide open, and if he passes through it and commences to do anything at all about his problem, he is considered a member of Alcoholics Anonymous. He signs nothing, agrees to nothing, promises nothing. We demand nothing. He joins us on his own say-so. Nowadays, in most groups, he doesn't even have to admit he is an alcoholic. He can join AA on the mere suspicion that he may be one, that he may already show the fatal symptoms of our malady.

We do not wish to deny anyone his chance to recover from alcoholism. We wish to be just as inclusive as we can, never exclusive." - *The Language of the Heart*, p. 39

"Our membership ought to include all who suffer from alcoholism. Hence we may refuse none who wish to recover. Nor ought A.A. membership depend upon money or conformity. Any two or three alcoholics gathered together for sobriety may call themselves an A.A. group, provided that, as a group, they have no other affiliation." *Tradition Three, long form, Alcoholics Anonymous, 4th ed., p. 563*

Does your group let language, religion (or lack of it), race, education, age, or other such things interfere with carrying the message? Do you?

AAGrapveine.org has the Traditions Checklist. Take it to your group. Engage with your sponsor. Challenge a sponsee.



Concept Three Bite

To insure effective leadership, we should endow each element of A.A.—the Conference, the General Service Board and its service corporations, staffs, committees, and executives—with a traditional “Right of Decision.”

“This really means that we ought to trust our responsible leaders to *decide*, within the understood framework of their duties, *how they will interpret and apply their own authority and responsibility to each particular problem or situation as it arises*. This sort of leadership discretion should be the essence of “*The Right of Decision*,” and I am certain that we need not have the slightest fear of granting this indispensable privilege at nearly every level of world service.

There will always be plenty of ultimate authority to correct inefficiency, ineffectiveness, or abuse. If the Conference does not function well, the groups can send in better Delegates. If the Trustees get badly out of line, the Conference can censure them, or even reorganize them. If the Headquarters’ services go sour, the Trustees can elect better directors and hire better help. These remedies are ample and direct. But for so long as our world services function reasonably well—and there should always be charity for occasional mistakes—then “trust” must be our watchword, otherwise we shall wind up leaderless.

These are the reasons for my belief that we should forthwith invest in all of our service bodies and people a traditional “Right of Decision.” - *The A.A. Service Manual*, p. 13

Does your group trust your trusted servants—GSR, DCM, Area 40 Delegate, the Conference itself?

How do you and/or your group practice “Right of Decision”?

Get the Concept Checklist at aa.org.

5:00-7:00 **Recess for Dinner**

7:00-8:45 **Resume Floor Assembly (Committee Reports, Motions, and Discussion)**

8:30-9:00 **Ice Cream Social—Trigg Room**

9:00-10:00 **GSR Breakout (Ask-It-Basket & Sharing)—Missouri Room**

DCM Breakout (Ask-It-Basket & Sharing)—Russell Room

SUNDAY SESSION

8:00-8:30 **Roundup, Intergroup, and Service Conference Committee Reports**

8:30–9:30 **Past Delegate Sharing**

9:30-9:45 **Coffee Break**

9:45-12:00 **Resume Floor Assembly (Committee Reports, Motions, and Discussion)**

followed by general sharing as time allows

Reports: 5-minute time limit

Floor comments: 3-minute time limit

The Holiday Inn graciously placed ashtrays outside. They ask that smoking and vaping be limited to the outside smoking areas and away from doorways. Our thoughtful compliance and courtesy are appreciated.

Adjourn – Travel Safely

Fall Assembly – September 13, 14 & 15 2019.

The Location is scheduled for Holiday Inn in Great Falls, MT.

All the following is a list of agenda items and the Area Committees they have been assigned to for review. There are agenda items that originate in Area 40 and from the General Service Conference (GSC Agenda Items were included in the February Triangle Issue). All agenda items from the General Service Conference will be addressed at the General Service Conference later on in May.

The Committee Chairs, DCMs and District Representatives were sent a list of agenda items with the corresponding background information in February. This information is then passed on to other members of those committees, to GSRs in the districts and other interested members of our Fellowship for research, review and discussion, in turn providing for a well-informed conscience and decision. If your Group has any comments, questions, and concerns or would like copies of any background information please contact the appropriate Area Committee Chair or your DCM. Your DCM has the names, phone numbers and addresses of the Area Committee (which also appear in the *Triangle*) or you can email them through the Area’s website www.aa-montana.org should you need them.

The General Service Conference agenda items discussed by committees will come to the floor as a brief report of each item considered, reviewed, or discussed with the general sense of the committee for each item, rather than coming as recommendations (motions passed and seconded). Assembly members will have an opportunity to ask questions and offer their groups’ thought on each item. The discussion will provide the Delegate with a sense of the Area, with substantive comments to share with the Conference. For controversial items, or items for which the floor discussion does not provide a clear sense of the Area, the Delegate may request an informal show of hands, for and against, in order to obtain the sense of the Area.

(NOTE: The process by which items are submitted, dispersed, considered, and brought to the Assembly is detailed in the *Area 40 Committee System Policy and Procedures* manual which is available through your DCM and on aa-montana.org). Review Concepts I, II, III, X, XII and Tradition Two for a clearer understanding of the above process. The following Committees/Committee agenda items are listed in order of presentation.)

IMPORTANT INFORMATION—GSC Agenda Items were listed in the February Triangle Issue. Only agenda items that specifically pertain to Area 40 are listed below.

Archives/Area 40 Structure & Policy—Kacie N.

Archives-Area 40

1. Review assembly report of the Area 40 Archives Chair.
2. Review Archivist Report.
3. Review activity of Archives Committees throughout Area 40.

Structure & Policy-Area 40

1. Area Assembly Evaluation Report.
2. Consider changing the Secretary and Treasurer requirements to six (6) years of sobriety.
3. Consider changing the manager of the Pink Can Funds from the Area Corrections Chair to the Area Treasurer.

Corrections—Jeremiah S.

Corrections-Area 40

1. Review assembly report of the Area 40 Corrections Chair.
2. Report on Pink Can income and disbursements.
3. Review activity as it relates to Corrections in the Groups and Districts of Area 40.

Public Information—Sabrina C.

Public Information-Area 40

1. Review assembly report of the Area 40 Public Information Chair.
2. Review assembly report of the Area 40 Webmaster.
3. Review Activity of Public Information Committees in groups and Districts throughout Area 40.
4. Review Ad-hoc Committee report on Area answering service.

Treatment/Accessibilities/Agenda—Steve S.

Treatment/Accessibilities/Agenda-Area 40

1. Review assembly report of the Area 40 Treatment Chair.
2. Review assembly report of the Area 40 Bridging the Gap Chair.
3. Review activities of Treatment Committees in Districts and Groups throughout Area 40.

Grapevine—Shawn N.

Grapevine-Area 40

1. Review assembly report of the Area 40 Grapevine Chair.
2. Review activity among the Groups and Districts of Area 40 as it relates to the Grapevine.

Literature—Grant M.

Literature-Area 40

1. Review assembly report of the Area 40 Literature Chair.
2. Review Literature activity in Area 40.

Cooperation with the Professional Community (CPC)—Terri T.

Cooperation with the Professional Community (CPC)-Area 40

1. Review assembly report of the Area 40 CPC Chair.
2. Review activities of Districts and Groups as it pertains to CPC.

Finance—Ashley J.

Finance-Area 40

1. Review assembly report of the Area 40 Treasurer.
2. Consider financing Correction Chair to attend National Correction Conference.

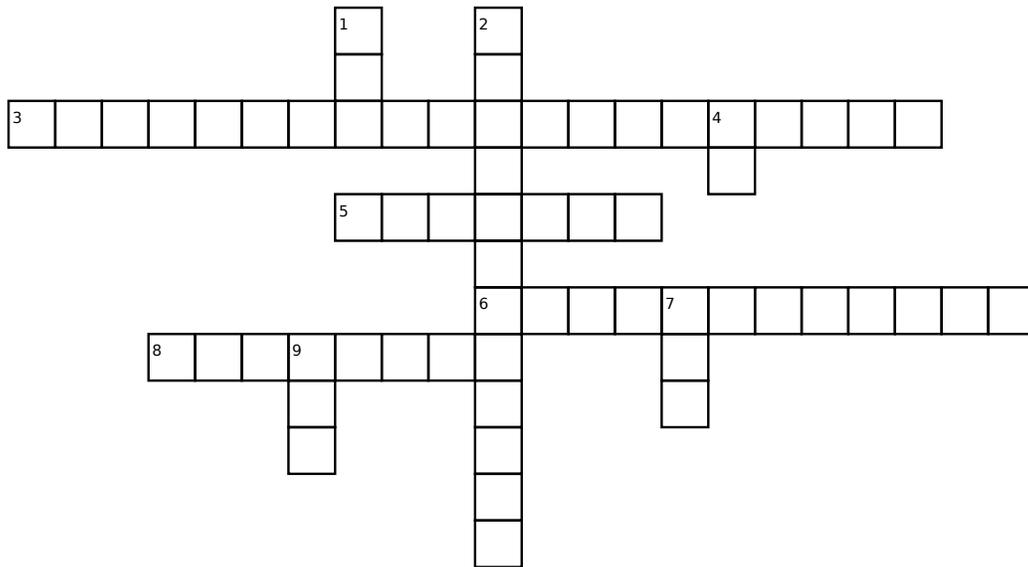
**A CALL TO ACTION!
A CALL TO ACTION!**

We need your experience, strength, and hope! Please send us short articles—400 words or less—on District Service. **Please submit no later than April 9th via email to triangle@aa-montana.org.** Were you a GSR attending District? DCM? Alt. DCM? What was it like attending District meetings? What's your most prominent memory of District? Inquiring minds want to know!!



"Pardon me, is this where I get the message?"

AREA 40 TRIANGLE CROSSWORD



Down:

1. DCM elections should take place after the election of what group service position?
2. Who takes over when a DCM resigns or is unable to serve?
4. Is a district made up of a set number of groups?
7. Who is the essential link between the GSR and the area delegate?
9. How many years does a DCM serve?

Across:

3. What does the DCM pass on to the area delegate and the area committee?
5. What pamphlet provides basic information on the DCM position?
6. DCM elections should happen before the election of what area service position?
8. Population density and geographic size are key factors in determining the size of what?

Literature: A.A. Service Manual (2015-2016 Ed.) **Hint:** S31 - S34 — **Happy Hunting!!**

Keep a look out for the next Area 40 Triangle for the answers!



"I'm tired of the corporate structure, anyway— maybe this AA thing's a good bet!"

UPCOMING EVENTS



Need a flier for your group?
Check out aa-montana.org

March 2019

- March 15th - 16th ➤ Pockets of Enthusiasm, 1st Presbyterian Church, Helena, MT
- March 16th ➤ District 41 Pre-Assembly, Boulder Hot Springs, Boulder, MT
- March 23rd ➤ District 81 Pre-Assembly, St. Paul's Lutheran Church, Missoula, MT
- March 30th ➤ MT Intergroup Founder's Day, Shrine Auditorium, Billings, MT

April 2019

- April 5th - 7th ➤ Spring Area Assembly, Holiday Inn, Great Falls, MT
- April 13th ➤ Four Session Workshop, 1st Presbyterian Church, Helena, MT
- April 27th ➤ First Ever Event - Part 4, Sidney, MT
- April 27th ➤ Women's Spring Breather, Bohemian Hall, Whitefish, MT
- April 27th - 28th ➤ Heart to Heart III, Chico Hot Springs, Chico, MT

May 2019

- May 4th ➤ 12 Step Study - Holly D., Civic Center, Great Falls, MT
- May 11th ➤ 12th Annual Corrections Workshop, Helena, MT
- May 11th ➤ Bridging the Gap Committee Meeting, Wolf Community Center, Wolf Point, MT
- May 17th - 19th ➤ 2019 Spring Round-Up, Red Lion Hotel, Kalispell, MT

June 2019

- June 28th - 30th ➤ Beartooth Mountain Conference, Luccock Park Camp, Livingston, MT

July 2019

- July 1st ➤ Deadline for Fall Assembly Agenda Items
- July 1st ➤ Deadline for Special Needs Form for the Fall Assembly

THERE'S STILL TIME TO HIT A PRE-ASSEMBLY!

March 16th - District 41
(Includes Districts 41, 42, 51, 61, 71, & 72)

March 23rd - District 81
(Includes Districts 81, 91, & 93)

Send your GSR to a Pre-Assembly that is located closest to your District. Your GSR will receive information on the Spring Assembly Agenda Items and inform your group. Your GSR can then bring your group's conscience to the Spring Area Assembly. The GSRs represent the groups of the Area and in turn our Area Delegate, Paul L., represents our Area (all our groups) at the General Service Conference.

Don't miss out on participating in A.A. as a whole!

Need to contact your Area 40 Chairs?

Area 40 Delegate

Paul L. delegate@aa-montana.org

Area Chair/Alt. Delegate

Connie R. chair@aa-montana.org

Secretary

Brynn C. secretary@aa-montana.org

Treasurer

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Webmaster (non-voting)

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AREA 40 TRIANGLE CROSSWORD ANSWERS

February Answers

1. What pamphlet provides "extensive information for group(s)?" [The A.A. Group](#)
2. What form is used when a new G.S.R. is elected? [Group Information Change Form](#)
3. What does a G.S.R. attend twice a year? [Area Assemblies](#)
4. What meeting does a G.S.R. attend once a month? [District](#)
5. Who links your group with A.A. as a whole? [G.S.R.](#)
6. On p. S23, what is the vital importance? [Good communication](#)
7. What form needs to be submitted when starting a new group? [New Group Form](#)
8. How long does a G.S.R. serve? [Two years](#)
9. What will G.S.O. send to a new G.S.R. if notified? [G.S.R. Kit](#)
10. What does a G.S.R. give their group after attending a District meeting or an Area Assembly? [Report](#)
11. What's the General Service Office's website? www.aa.org



CONFIDENTIAL

Please share this newsletter with your group!

Triangle Subscription Form

Want a subscription for yourself, a friend, or a group?
Return this form to the address below or subscribe online
at aa-montana.org.

Group Name: _____
GSR/Contact: _____
Address: _____
City, St., Zip: _____
Phone No.: _____
Email: _____

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Milltown, MT 59851

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the subscription has expired. Due to Past Actions of the Area Assembly, all groups
will receive the Triangle regardless of subscription status.

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to Area 40, Inc.*

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