

A Message from our **Alternate** Delegate

Thank you for the opportunity to do the service as the Alternate Delegate for Area 30.

It has been my pleasure to have been given the opportunity of serving Area 30 as the Alt Delegate for the past year and almost a half. Each position that I have had the privileged to serve for has given me a level of understanding in being able to do this job.

To be clear, this job is a position all by itself and does not take on the co-person role like so many other positions do. My job included helping the Delegate with her responsibilities by making sure I was ready to go to conference in case something happens to her by reading all the material that was sent to the delegate. Other responsibilities were to make all the pre-post outreaches to all our Districts, attend Alt Delegate meeting both for the NER (North East Region) and all Alt Delegate meetings every month, attend NERD (North East Regional Delegate) and serve on the MA State Convention Program Committee as chair this year and co-chair last year.

This year there were 432 pages of PIAs detailing each committee that would be meeting at the conference. Scheduling all the pre- and post-conference meetings with districts was a wonderful opportunity to talk to all the DCMs or DCMCs or representatives of each district. The hardest part is that so many met on the first few weeks of the month and a lot on Wednesdays, so it got a little complicated at times. Thanks for everyone's help and understanding with these Outreaches.

I was able to attend NERD (North East Regional Delegate) conference in Maine last year and Delaware this year. Both times were amazing; meeting all the Delegates and Alt Delegates from the Northeast Region along with past Delegates and some Trustees. Usually, it is a very informative and spiritual weekend. At the Alt Delegate meetings I participated in developing power point presentations that will help future Alt Delegates do their job and got to understand the real role of the Alt Delegate and responsibilities to the Area and Conference.

Thank you for the opportunity to serve as Alternate Delegate for Area 30.

Virginia

Area 30 Committees



Many Committee Meetings convene virtually. Please see the Area Calendar at aaemass.org or contact Committee Chairs to inquire about location, format, and possible time changes. All are welcome to attend.

Technology Committee- technology@aaemass.org

Meets virtually on the first Tuesday of the month at 8pm
Join online:
Zoom ID - 860 3648 7993
Passcode - 061543

Archives Committee- archives@aaemass.org

Meets virtually on the 3rd Tuesday of the month at 730pm
Join online:
Zoom ID - 880 6621 2805
Passcode - 740809

Literature Committee- literature@aaemass.org

Meets virtually on the the 1st Monday of the Month at 7PM
Join online:
Zoom ID - 864 3440 1757
Passcode - AA30

Website Committee- website@aaemass.org

Meets virtually on the first Tuesday of the month at 8pm
Join online:
Zoom ID - 860 3648 7993
Passcode - 061543

Joint Treatment Facilities Committee- treatment@aaemass.org

Meets virtually on the 3rd Friday of the month at 7pm
Join online:
Zoom ID - 829 7226 6742
Passcode - 659976

General Service Area Committee- chair@aaemass.org

Bi-Monthly Meeting of the Area 30 Committee meets every 4th Wednesday 8:00PM at IBEW Local 103, 256 Freeport St #1, Dorchester, MA 02122
Join online:
Zoom ID - 890 9135 8415
Passcode - 356288

Accessibilities Committee- accessibilities@aaemass.org

Meets virtually on the 3rd Monday of the month at 730pm
Join online:
Zoom ID - 858 5167 5000
Passcode - 883229

CPC Committee- cpc@aaemass.org

Meets hybrid on the 2nd Thursday of the month at 7pm
Join online:
Zoom ID - 852 4702 8781
Passcode- 573219
In person:
Boston Central Service
12 Channel St., Suite 604, Boston, MA

Joint Correctional Facilities Committee- corrections@aaemass.org

Meets virtually on the 4th Thursday of the month at 7pm
Join online:
Zoom ID - 850 8064 9068
Passcode - 872145

Joint Public Information Committee- pi@aaemass.org

Meets virtually on the first Thursday of the month at 7pm
Join online:
Zoom ID - 842 3256 3150
Passcode - 819833

Grapevine Committee- grapevine@aaemass.org

Meets online on the 1st Wednesday of the month at 7pm
Join online:
Zoom ID - 832 4305 4085
Passcode - 816800

MAY 2026



Area 30 Alcoholics Anonymous
General Service Committee
of Eastern Massachusetts



THE MESSENGER

IN THIS ISSUE:

- TRADITION OF THE MONTH (5)
- AA BIG BOOK TRIVIA
- AS BILL SEES IT QUOTE
- INTERVIEW WITH ALTERNATE DELEGATE; VIRGINIA
- AREA 30 ARCHIVES COMMITTEE
 - SERVICE IS PART OF MY RECOVERY
- INTERNATIONAL WOMEN'S CONVENTION
- UPCOMING COMMITTEE MEETINGS

• Tradition of the month- Tradition 5

Each group has but one primary purpose- to carry its message to the alcoholic who still suffers.

Long Form: Each Alcoholics Anonymous group ought to be a spiritual entity *having but one primary purpose*—that of carrying its message to the alcoholic who still suffers.

• AA Big Book Trivia

The alcoholic has a daily reprieve from drinking contingent upon what?

- Going to meetings
- Working with others
- The maintenance of our spiritual condition

(see last page for answer)

The Shared Gift

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.

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Faith is more than our greatest gift; its sharing with others is our greatest responsibility. May we of A.A. continually seek the wisdom and the willingness by which we may well fulfill that immense trust which the Giver of all perfect gifts has placed in our hands.

Ref: Service Manual, pg. S-1
Grapevine, April 1961

64th International Women's Conference

Boston, MA
February 10-13, 2028

The Sober Women of Greater Boston, Eastern and Western Massachusetts are pleased to announce our Bid Proposal for the 64th Annual International Women's Conference was accepted and will be held at the Boston Sheraton Prudential February 10-13, 2028!! This effort was largely a result of our collective experience in service from YPA, Group, District and Area and a unified desire to bring this conference to Massachusetts for the first time.

The International Women's Conference (IWC) of Alcoholics Anonymous is a dedicated annual gathering for women in recovery to share their "experience, strength, and hope". The International Women's Conference is the bridge to a better understanding of the Alcoholics Anonymous philosophy and way of life because of our special needs in sobriety as women. We as women members of Alcoholic Anonymous are survivors. We have found a way to obtain meaning, depth and responsibility in our lives. This came about out of desire, decision, determination and spiritual guidance. An elevated sense of belonging that is brought about by the special services and a special need provided by our Women's Conference is our goal.

Key Details for Attendees

- **Closed Conference:** Attendance is restricted strictly to women who are members of Alcoholics Anonymous.
 - **Format:** The event typically includes keynote speakers, workshops, panels, and fellowship activities.
 - **Self-Supporting:** In keeping with AA traditions, the conference is entirely self-supporting through registration fees and contributions; no outside AA funds are used.
 - **Global Reach:** While it moves to a different host city each year, it now frequently includes a virtual/hybrid component to reach women globally.
- IN 1965, BERNADETTE O'K AND OTHER AA WOMEN IN KANSAS CITY HELD A CONFERENCE JUST FOR WOMEN IN AA.

The conference became known as the National AA Women's Conference. This forum aimed to provide:

- Sharing of experiences common to women alcoholics
- Discussion of problems of particular interest to all women AA members.
- Opportunities to hear AA women speakers from many areas.

Past IWC Locations

1965-1969 – Kansas City, MO	1979 – Denver, CO	1989 – Kansas City, MO
1970 – St. Louis, MO	1980 – New York, NY	1990 – Minneapolis/St. Paul, MN
1971 – Wichita, KS	1981 – Costa Mesa, CA	1991 – Orlando, FL
1972 – Oklahoma City, OK	1982 – Oklahoma, OK	1992 – Reno, NV
1973 – Little Rock, AR	1983 – Phoenix, AZ	1993 – Vancouver, BC
1974 – Des Moines, IA	1984 – Atlanta, GA	1994 – New York, NY
1975 – Minneapolis/St. Paul, MN	1985 – Denver, CO	1995 – Omaha, NE
1976 – San Antonio, TX	1986 – Philadelphia, PA	1996 – Salt Lake City, UT
1977 – Chicago, IL	1987 – Albuquerque, NM	1997 – Chicago, IL
1978 – Cleveland, OH	1988 – Dallas, TX	1998 – Cleveland, OH

Interview continued...

Forty-five members attended our first conference in Kansas City. The reception was so enthusiastic that plans were laid to create an annual women's AA conference. February was chosen as conference month to commemorate Bernadette's AA anniversary, and because it is traditionally the month of love. It also seemed like a welcome break from the winter doldrums. Kansas City held five more conferences. Other cities then began asking to host one. After Bernadette's death, the International AA Women's Conference traveled around the country.

It is our sincere hope that this conference will honor and celebrate the many women who have walked before us on their own Personal Freedom Trails, and that it will inspire us to reach out a helping hand to the next woman seeking the true freedom we have found in recovery. Come walk the Freedom Trail with us in Boston, Massachusetts as we "Trudge the Road to Happy Destiny" together in 2028!

*In AA love, gratitude and service,
Anne F., Boston IWC Chair
Cathy O., Boston IWC Co-Chair
And our dedicated Conference Committee Members*

Mission Statement– Boston IWC 2028

The International Women's Conference is a bridge to a better understanding of the Alcoholics Anonymous philosophy and way of life to support our unique needs in sobriety as women. We as women of Alcoholics Anonymous are survivors. We have found a way to obtain meaning, depth and responsibility in our lives. This came about out of desire, decision, determination, spiritual guidance and action. We are committed to carrying the message of Alcoholics Anonymous every day in our own personal recovery as well as through our efforts to bring this conference to the women of Boston and Massachusetts.

"As we journey from land to land, it was the same everywhere. It was so much more than minds cordially meeting minds; it was no simple and merely interesting comparison of mutual experiences or aspirations. This was more, much more; this was the forming of heart to heart in wonder, in joy, and in everlasting gratitude." Language of the Heart", P. 295

1999 – San Jose, CA	2009 – Salt Lake City, UT	2019 – Los Angeles, CA
2000 – Atlanta, GA	2010 – Orlando, FL	2020 – Indianapolis, IN
2001 – Honolulu, HI	2011 – Anchorage, AK	2021 – Charlotte, NC, 1st Online
2002 – Denver, CO	2012 – Washington, DC	2022 – Santa Fe, NM 1st Hybrid
2003 – Seattle, WA	2013 – Reno, NV	2023 – Dallas, TX
2004 – Buffalo, NY	2014 – Oahu, HI	2024 – Portland, ME
2005 – Las Vegas, NV	2015 – Palm Springs, CA	2025 – San Diego, CA
2006 – Minneapolis/St. Paul, MN	2016 – Norfolk, VA	2026 – Des Moines, IA
2007 – Detroit, MI	2017 – Cleveland, OH	2027 – Buffalo, NY
2008 – Portland, OR	2018 – Phoenix, AZ	2028 – Boston, MA

Service Is Part Of My Recovery

My name is Fred B. and I am an alcoholic. I currently have the pleasure of serving Area 30 as the Archives Committee Chairperson. The date of my last drink was January 31, 1973, and I have been a member of A.A. since that date.

For over 45 years my service work in A.A. was limited to A.A. group level activities, such as coffee maker, secretary, assisting newcomers and speaking commitments; all very rewarding activities and they kept me sober. However, it was only until some 8 years ago that I entered into what has become an exciting journey as a general service worker (below the group level).

Serving first as a G.S.R. for a small A.A. group in Marblehead; then upon rotation, I progressed to D.C.M. for Districts 18 & 19. Finally, serving Area 30 as both Grapevine and Archives' Committee Chairperson.

A.A. Service work has always been an integral part of my recovery. It gives me the opportunity to first practice our spiritual principles and work on my defects of character within our diverse Fellowship; then hopefully progressing to "in all my affairs". A great training ground if you may. One of my greatest personal challenges has always been learning to work in harmony, love, and service with others, and accepting them as they are and not what I want them to be: "To understand rather than be understood."

For example, here at area level service, I'm exposed to more diverse cultures, opinions, and ideas very unlike my own. In addition, currently a generational gap exists within our area's service structure, spanning many years of age, service, and sobriety. My exposure to the views of these folks has (hopefully) opened my mind somewhat to examine the possibility that some of my long-held views and opinions may be wrong, or at best outdated? Can I rise to the ability to change? My arrogance is a tough opponent, but I sincerely hope so? Finally, my journey in A.A. service has led me to believe that spiritual progress is "not so much learning new ideas, but letting go of old ones."

In closing, all my service work within the "upside down triangle" has been a wonderful learning and living experience, and has led to many new friendships and hopefully some growth on my part? Sometimes the rewards are not immediately apparent nor visible; more abstract than concrete. Concerning reward or inspiration in A.A. service work (besides staying sober), I look to Dr. Bob's farewell talk;

"... I get a big thrill out of looking over a vast sea of faces like this with a feeling that possibly some small thing I did a number of years ago played an infinitely small part in making this meeting possible."

Your in service work, Fred