



The Communicator

September 2020

Green Bay District 01
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"I am responsible. When anyone, anywhere, reaches out for help, I want the hand of AA always to be there. And for that: I am responsible." 30th Anniversary Alcoholics Anonymous International Convention-Toronto, Canada (July 1965)

COVID-19 related social isolation and stress can increase susceptibility to substance misuse, addiction, and relapse. People with addiction also have depression, anxiety, and other mental health concerns. During COVID-19, the constant flow of stressful news may lead to increased feelings of worry, anxiety, and stress.

Seek out healthy activities that will help alleviate stress/anxiety/depression. Take a break from the news and social media. Watch a comedy, read a book, explore a relaxation or deep breathing app, or call a friend.

Addiction thrives on secrecy and loves to catch people off-guard. It can progress quickly, especially during COVID-19 social isolation. If you're dealing with strong cravings or relapse, call a friend, family member, the AA hot line or your sponsor.

Be aware of your triggers and TAKE ACTION to remain sober. Remember - we stay sober TOGETHER!

Submitted by Kimberly S.

The Ninth Step Promises

If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others.

That feeling of uselessness and self pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change.

Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves. Are these extravagant promises? We think not. They are being fulfilled among us—sometimes quickly, sometimes slowly. They will always materialize if we work for them.

Big Book pg. 83 & 84

**District 1 Monthly Meeting -Zoom Meeting
August 13, 2020**

Attendance

DCM: Bill D. (not present)
Alt. DCM: Steve R. (not present)
Secretary: Jeri Lyn
Treasurer: Kimberly S.
Newsletter: Dean
Grapevine: Mary B. (not present)
Corrections Adam-Men /Brenda -Women
Bridging the Gap: Marian K. (not present)
PI/CPC: Linda S.
Archives: Jeff E. (not present)
Accessibilities: Bruce K
Webmaster: Sam (not present)
District Events: Lauren P./Lloyd Z.

Treasurer's report: Kimberly S. read the report aloud and it was approved by Darcey, and Bruce K 2nd the approval.

August Treasurer Report

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|---|----|------------|
| Starting balance | \$ | 6,972.11 |
| Deposits | | |
| Milwaukee Brewers | \$ | 830.00 |
| Never on a Sunday donation | \$ | 149.58 |
| | \$ | 979.58 |
| Payments | | |
| Brewer Bus refunds | \$ | (825.00) |
| Subtotal starting balance + deposits - payments | \$ | 7,126.69 |
| Prudent Reserve | \$ | (1,300.00) |
| Available Funds | \$ | 5,826.69 |

GSR's present:

William W., Eye Opener, 10:00 a.m. Saturday, St. Matthew's Church: Presently enjoying the outside meetings, waiting to hear if and when the church will allow us back in. We have seen a few new comers this summer as well.

Kathy, Early Birds, 7:30am, Sunday, 218 club: Group voted to give money to GSO & Central Office. Voted against picnic.

Donna Letting Go, 1pm, Thursday, 218 club: Group voted against the picnic.

Robert, Walk with Us, 9:30 am, Thursday, The Bridge: Becky was at the meeting representing the group. Nothing new to report.

Bruce K., Never on Sunday, 9:30am, Sunday, The Bridge: Full house, plus continued zoom meeting at the same time. Also sent money to the Central Office.

Heather/Darcey, Alt GSR, Thu 7:30pm. St. Norbert Abbey Group voted to continue on zoom.

Lauren/Events & Lloyd Events: Nothing to report

Josh, everyday @ 3pm Zoom into recovery: Good following 10-12 peeps. Reaching the JNC residences TW with a step meeting every Wed. Josh mentioned that this meeting was "born on zoom and will remain on zoom".

Bill/DCM: Not present. Report below

I attended the area 74 DCM monthly call which is on the last Tuesday of each month at 7pm using the zoom meeting platform. This month there were 6 of 24 districts represented a slim turn out. Many districts are showing signs of fatigue because of the coronavirus. Action we all agreed on was for those of us in attendance to call all the unrepresented district DCM to encourage them to participate in the monthly call.

I also attended the August 1st Assembly it was also held as a zoom meeting and will be for the foreseeable future. The main discussion points were as follows.

1. We are seeking to fill the vacant area chair position in area 74.
2. This was supposed to be the area inventory but that really did not happen more to come on that.
3. Discussion on how many area assemblies to have each year at one time there were 3 now there are 4
4. There were discussions on when and where we should revive the delegates report at the fall conference or at an assembly in Three Lakes. No decision on that needs to be taken back to groups before any change.
5. Also discussed where to have semiannual Area 74 elections at a conference or at a assembly.

Lots of discussion on making the area more attractive to our groups GSRs to boost their attendance at assemblies.

July Meeting Minutes approved.

Newsletter: Dean announced that the newsletter will be ready in a few weeks. Dean is working with Bill (DCM). It's 90% complete, just working on the meeting portion.

Corrections: Adam has been working really hard and has struggled to find an answer in carrying the message. Security issues as well as logistics in connecting in this pandemic. He put a form together using much of the language in Bridging the Gap. Brenda works at the jail so she has offered to assist Adam in connecting with the Chaplin and other security personnel. The group agreed that Adam should move forward with his form.

PI/CPC Report: Linda proposed for the District to run 10 sec. AA radio commercials again as we did in December. Motion passed. Funding was approved to assist with the additional cost over her budget. Commercial run dates on hold until the website can be updated with correct information. Linda is dispersing pamphlets to attorney offices, local hospitals, treatment centers and mental health facilities in the community. Treasurer (Kimberly) ordering pamphlets for VA hospital.

Old Business: Picnic - postponed until further notice. Send ideas to Lauren for a safe gathering, a lot of good ideas were floating around.

Bylaws – add/update the new zoom meeting

New Business:

Resume in-person District 1 meetings. After discussion it was decided the GSR's would like to revisit this each month.

Meeting list updates – Dean and Bill are working together to update the list. Dean will have printed copies completed so they may be distributed to meetings, clubs and the Central Office. On the website and meeting list, all Zoom meeting inquiries should be direct to Bruce K or Hotline.

Zoom meeting list – Kimberly will email out a document to all GSR's. This list should NOT be placed on the website as the meetings do not want to be “bombed” by outside people again. It is for the Central Office hot line calls, Bruce K as Accessibility Chairperson and the GSR's to share.

Bruce K. was voted in as President of the Central Office.

