

MID-SOUTHERN CALIFORNIA AREA 09

OF ALCOHOLICS ANONYMOUS®

VOLUME 50, ISSUE 7

February 2023

msca09aa.org

MSCA - 09

P.O. Box 51446

Irvine, CA 92619-1446



Let's Go To PRAASA! Let's Go To School!

Alcoholics Anonymous is a fellowship of people who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions. A.A. is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics achieve sobriety.



Upcoming Events 2023

[February 2-5 - ACYPAA](#)

[February 12 - Area Service Committee](#)

[March 3, 4, 5 - PRAASA](#)

[March 12 - Area Service Committee](#)

[View 2023 Calendar](#)

February Hosting District

District 19

AA Service Manual



MSCA Area Map



[MSCA website](#)



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“The Wonderful World of General Service” aka “Welcome to GSR School” by Ryan H.

When you get a chance to read the Responsibility Statement, note that it starts with, “I am Responsible.” These three words have never meant so much to this Alcoholic. It also says, “I want the hand of AA to always to be there.” This has given me a blueprint on what my sobriety was to look like from the very first introduction to Alcoholics Anonymous’ General Service.

I currently serve the Area as the General Service Representative (GSR) School Committee Chair, English, where I’m in my second year. With the gentle nudges from great people in my life, or perhaps I was just sitting at the wrong table during the last election cycle, I would have missed out on what has been a momentous part of my service experience. Today, I get the chance to see the light come on in people’s eyes when they first sit down at the GSR committee table during our Area Service Committee (ASC) events, when they find out the great importance of their commitment as GSRs for their groups.

GSRs are the direct link between their groups and AA as a whole. For some, the position can be overwhelming or underwhelming, but rest assured, it’s not. One of the first things I try to share is to be sure you have fun. If sobriety isn’t fun, who would want to do it, right? With that being said, there’s work to be done. With the help of the pamphlet, “G.S.R, General Service Representative” (P-19), you’ll learn that the creation of the “group representative” was back in 1950. So, this most vital service position has been in place for quite some time. As I eagerly explain to new GSRs, the foundation and the footwork have already been done, which takes the pressure off them, knowing they do not need to start a whole new program by themselves. It’s a great relief to all of us as to how we can wrap our heads around the vital GSR position. I do my best to keep it light, as life can be so serious sometimes. But for most of us, A.A. means life, not death. So, I encourage all to embrace this great opportunity to become GSRs.

Now comes the meat and potatoes of the position. There are some meetings and some commitments that need to be attended. I encourage GSRs to attend their group’s steering committee meetings; to take the pulse of their group, how they feel about the way A.A. as a whole is functioning, and if there is something that is of concern to them, which is good and healthy for any meeting. You are encouraged to take your concerns to your District meeting for help on certain matters, where help is just one raised hand away. The District Committee Member Chair (DCMC or DCM) of your District should be able to point you in the right direction. That’s why attending the monthly Area meetings is so important, where there is a vast amount of experience. Area meetings provide opportunities to attend round tables to discuss these issues. You will have opportunities to hear and share the annual Conference Agenda Items with your groups, so you can share your groups’ opinions with our Delegate, who will be attending the Conference in New York each April. And, yes, it’s a big deal!

When giving your reports and taking your groups’ opinion on matters that come up, like the Conference Agenda Items, I can’t stress enough: know your audience and only share what is important to them. If they are not interested, they will tune out, which can be frustrating. So, keep it short and to the point. And always remember: have fun in everything A.A.!



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"HAVE YOU BEEN TO DCM* SCHOOL?" by Rozanne T

First of all, what's a DCM (District Committee Member) and what do they do? The DCM is the vital link between the group's GSR and the area service structure, including the area's delegate to the General Service Conference. While the GSR is the voice of a group, the DCM is the voice of a district. A district needs a leader. The GSRs can look to the DCM for guidance on being GSRs and serving their groups. They can also look to the DCM to lead on forming an agenda for district activities. They'll want to be inspired and encouraged, but not told what to do; hence the DCM learns to lead by example, not mandate.

MSCA09 has a monthly meeting where the DCM School (a standing committee) helps DCMs learn how to run monthly business meetings, set agendas, encourage participation in district and area events and assist GSRs in learning how to be the voice of and serve their groups. The DCMs also learn how to facilitate a group conscience meeting as well as help their districts attract new people to General Service. They share ideas with other district DCMs, create events together to reach out to the still suffering alcoholic who hasn't heard about General Service and to share their knowledge.

DCM School provides resources to not only the DCMs, but anyone who is interested in attending the committee meeting. It is the belief of the DCM School that anyone can become a DCM and we wish to encourage participation of all area members. Currently, we are focusing on assisting the DCMs to prepare their districts for group conscience discussions and voting on the agenda topics for the 2023 General Service Conference.

The plan for the remaining meetings in this panel is to discuss how to facilitate the discussion when a motion is made, how to know when a motion is required, how to encourage people to take GSR/DCM and Board positions, how to better incorporate remote and hybrid attendance and participation in General Service, how to address the concerns regarding the pandemic especially with older and medically challenged members, how to address extra money in our districts-what to do when a district has more than its operating costs plus a prudent reserve.

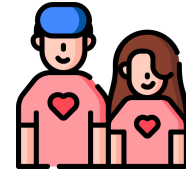
We will also read and study the AA Service Manual to assure our members understand how the district works and its relation to the area and the General Service Office.

If you find yourself near an area meeting in the upcoming months, we invite you to come in, relax and get a taste of General Service. I promise, you won't be disappointed.

*For the purpose of this article, I am using DCM to indicate DCMs and DCMCs (DCM Chair)



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What is P.R.A.A.S.A?

Well to start with, PRAASA = Pacific Region A.A. Service Assembly. PRAASA is in keeping with the educational theme of this February newsletter, which is all about learning and going to school in A.A.! Now, having heard from our GSR and DCM professors, let's all go to college, which is PRAASA! Attending from 15 different Areas in 11 different Pacific Region states, you will be immersed in a room full of as many as 1,800 other General Service servants. There will be speakers on panels focusing on the 2023 General Service Conference Agenda Items, Ask-It-Basket opportunities of our delegates, and late-night roundtables on everything from GSRs to DCMs, from Secretaries to Treasures, and everything in between. It will be a time of renewal; the first opportunity since March 2020, at our last in-person PRAASA, to rekindle beloved relationships with other General Servants.

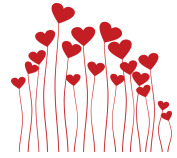
The 2023 PRAASA will be at the LAX Marriott [5855 W. Century Blvd, LA, CA, (310) 641-5700] between March 3 and 5, with an early bird meeting at 7 p.m. on Thursday night, March 2. You may register at praasa.org, which states PRAASA's purpose is to:

- Develop greater unity among the members, groups, and areas of the Pacific Region.
- Encourage the exchange of ideas and experiences.
- Provide an opportunity for members to discuss pertinent aspects of Alcoholics Anonymous.

The Assembly and the PRAASA Committee should always foster the Recovery, Unity and Service legacies of Alcoholics Anonymous.



2023 Committee Sharing Sessions



The schedule for the 2023 Committee Sharing Sessions are now available (below). Among the presenters are current and past trustees, delegates, alternate delegates, and other General Servants. Looking forward to seeing everyone there! See: [Committee Sharing Schedule](#)



JANUARY 19 7:00PM PST	FEBRUARY 16 7:00PM PST	MARCH 16 7:00PM PST	APRIL 20 7:00PM PST	FEATURING THE 12 CONCEPTS & VARIOUS TOPICS
CONCEPT 1 DOUG DELEGATE CONCEPT 2 JIMMY W ALT DEL CONCEPT 3 COREY D ALT DEL KENTUCKY	CONCEPT 4 PATRICK C AA STAFF CONCEPT 5 - TROY D AA STAFF CONCEPT 6 VERA F TRUSTEE	CONCEPT 7 RICK W TEXAS DELE CONCEPT 8 JOEL PAST TRUSTEE CONCEPT 9 CAROLYN TRUSTEE CANADA	CONCEPT 10 KATHY F PAST TRUSTEE CONCEPT 11 MONICAH CHICAGOLAND PAST DELEGATE CONCEPT 12 JENNIFER D NC PAST DELEGATE	
<p>May 18th - What is the conference actually like ? Hear from our Southern California Panel 72 Delegates. Mitchell Area 09 Delegate & Monty Area 8 Delegate</p> <p>June 15th- The How, Why and Joy of a Class A trustee life - Michelle G Class A Trustee</p> <p>July 20th- How to reach anyone anywhere - Bron Panel 73 Area 15 Secretary</p> <p>August 17th- A.A Around the world - Class B Trustees at large US and Canada (Trish & Maritta)</p> <p>September 21st - Servant? Leader? or both? - Debbie D AA Member</p> <p>October 19th - Service Sponsorship - Jimmy D Past Trustee</p> <p>November 16th - Participation - How to get groups involved and keep them engaged - Craig and Matt K Past Delegates from CT</p> <p>December - No Meeting enjoy the Holidays we'll see you in Panel 74 :)</p>				All sessions will be recorded and found on our Area website under the Alt delegate page.

ADDITIONAL INFORMATION:

Spanish Translation is available	7:00 PST
Hosted By	8:00 MTN
MSCA 09 Alt Delegate & Delegate	9:00 CST
Contact Info	10:00 EST
Alex W (954) 654- 3149	Hawaii 5:00

WHEN:

6:00 -7:00 PST MSCA Area 09 Committee Sharing Session
7:00 - 8:00pm PST Area 9 Service Workshop

WHERE:

Meeting ID: 873 6607 8505
Passcode: Area09p72



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What's New in A.A. and M.S.C.A.?



[2023 Proposed Budget - To be voted on at the 2/12/23 ASC](#)



[Register for the 50th Young People in AA Round Up](#)



[New Spanish version of Experience, Strength, & Hope](#)



[184 Preliminary Agenda Items as of 12/17/2022](#)



[Some exciting updates and changes at General Service Office](#)



[More information about PRAASA](#)



[January 2023 ASA Recap of Actions](#)



[Winter 2022 version of Box 4-5-9](#)



[Check aa.org for Mixed-Title Quantity Discount & Hardcover versions of the Big Book and 12 and 12](#)

Need Topics for a Meeting? Try **Boozer's Bingo!** Sight-unseen, have someone randomly select an alpha-numeric character including A through D and 1 through 22. So, C18 = "You can only keep what you have by giving it away." Have fun, where everyone's a boozer, everyone's a winner!

	A	B	C	D
1	First Things First	Learn to listen and listen to learn	Although we are not responsible for our disease we are responsible for our recovery	An addict cannot be grateful and hateful at the same time
2	Don't Use No Matter What	Many meetings, many chances; few meetings, few chances; no meetings, no chances	Hugs not Drugs	Easy does it
3	Ohn too Shall Pass	Meeting makers make it	Just for Today	Easy does it but do it
4	Live and Let Live	People who don't go to meetings don't hear about what happens to people who don't go to meetings	Recovery doesn't happen overnight	Stick with the winners - Win with the winners
5	Let go and let God	To keep what you have, you have to give it away	Pass it on	Serenity is not freedom from the storm but peace amid the storm
6	Time takes time	How does it work? It works just fine	If you want to stay clean, don't use	Feelings are not facts
7	One day at a time	If you don't want to slip, stay away from slippery places	Don't quit before the miracle happens	Turn it over, don't burn it off
8	Principles before personalities	If you do what you always did, you'll get what you always get	Nobody ever found recovery as a result of an intellectual awakening	Reinforce every slip is a slip
9	Is your program powered by Will Power or Higher Power?	If you sit in the barber's chair long enough, you'll eventually get a haircut	Use the 24-hour plan	Seven days without a meeting makes one weak
10	Cultivate an attitude of gratitude	Most things can be preserved in alcohol; dignity, however, is not one of them	When all else fails, follow directions	Growing old is mandatory - Growing up is optional
11	Misery is optional	Progress, not perfection	Change is a process, not an event	Slogans are wisdom written in shorthand
12	God doesn't make junk	Resentment is like drinking poison and expecting someone else to die	Call your sponsor before, not after, you take the first drink	It's a simple program for complicated people
13	Humility is not thinking less of yourself, but thinking of yourself less	Think... think... think	Give time time	The newcomer is the most important person in any meeting
14	Live life on life's terms	Keep it simple	I was sick and tired of being sick and tired	Do it sober
15	You can't think your way into a new way of living...you have to live your way into a new way of thinking	Stick with the winners	You only get out of it what you put into it	Keep coming back, it works if you work it
16	The key to freedom is in the Steps	W O P E - Happy Our Program fails	It's the first drink that gets you drunk	If you expect respect, be the first to show some
17	GOD - Good Orderly Direction	Recovery is a journey...not a destination	An addict alone is in bad company	Keep the plug in the jug
18	WALT - don't get too Hungry, Angry, Lonely, Tired	To those own self be true	You can only keep what you have by giving it away	It is possible to change without improving - it is impossible to improve without change
19	Your worth should never depend on another person's opinion	Turn it over	Take what you can use and leave the rest	Experience, strength and hope not optimism, both™ and dope
20	NOW it works - honestly, Open mindedness, and Willingness	Nothing is so bad, a drink won't make it worse	Recovery begins with the First Step	One drink is too many and a thousand not enough
21	SUP - Sobriety Last Its Priority	Willingness is the key	Help is only a phone call away	Nothing changes if nothing changes
22	Don't pick up, ask for help, call your sponsor, and go to meetings	Take what you need and leave the rest		



Area 09 Communications Committee Guidelines Revised!

With the adoption of the new [Technologies Committee Guidelines in 2022](#), it is time to reconsider and revise the old [Communications Committee Guidelines from January 2009](#). At the January 2023 Assembly, Ed L was elected as the new Communications Committee Chair. Ed will present [background information](#) describing the redundancies between these two committees and present the new revised guidelines, which are intended to resolve these redundancies, and may be [previewed here](#). If you have any comments, questions, or suggestions that will improve these draft guidelines, please let Ed know (communicationschair@msca09aa.org), attend the hybrid Area Service Committee meetings in February and March, and be there for the vote at the May Assembly (April is the Pre-Conference workshop, so the the first Assembly after March will not be until May). See you there!

