

Gratitude Gazette

Fall, 2017

EASTERN AREA OF MISSOURI'S QUARTERLY NEWSLETTER



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UPCOMING ACTIVITIES...

<u>NCO Unity Picnic</u>	October 8 (11a-5p)
Bridgeton, MO	
<u>National Corrections Conference</u>	November 10-12
St. Louis, MO www.nationalcorrectionsconference.org	
<u>NCO Annual Christmas Party</u>	December 2 (5p-12a)
Hazelwood, MO	
<u>Area 38 Winter Assembly</u>	January 28, 2018
Dardenne Prarie, MO	

NOTE FROM OUR AREA CHAIR... by Jim F.

Welcome to the New Eastern Area 38 Assembly!

Greetings all! Why do I say new? Because some big changes have come to Eastern Area 38 Assemblies!! Area 38 has been working hard this rotation to be more accountable to all parts of the Area and to do what we can to help you carry the AA message. The Area 38 Workshop program has been a great success with workshops being held all over the Area by the Area. There is now a link on www.eamo.org that will give you more information about workshops and how we would love to bring a workshop to your district or group.

Also, to be more accountable to all parts of Area 38 I have been working with an ad hoc committee on Area Assemblies. As a result of this committee's hard work there were two votes at our Summer Assembly regarding major changes to Area 38 Assemblies. These changes were approved at our Fall Assembly and will be implemented in 2018. Any permanent changes to our Assemblies would be proposed by the Structure and Procedure Committee at our Spring Assembly (March, 2018) and voted on at our Summer Assembly (June, 2018).

As our Fall, 2017 Area Assembly meets at the Double Tree Hilton in Chesterfield for our new two-day Assembly we hope that our trusted servants and all AA members will come together to have additional time to work on the business of Area 38 and have time to enjoy fellowship with each other during the day and at our Banquet and Speaker on Saturday night.

Also approved at our recent Summer Assembly were the dates and locations of 2018 Assemblies. New in 2018 will be two one-day Assemblies and two two-day Assemblies, with the locations moving around the area. Below are locations and dates:

January 20, 2018

Dardenne Presbyterian Church
7400 South Outer Rd. 364
Dardenne Prairie, MO 63368

March 17-18, 2018 (Mock Conference)

Miners Convention Center
2610 E Malone Ave
Sikeston, MO 63801

June 23, 2018

Msgr. Farishon Hall
St Joseph Catholic Church
Palmyra, MO 63431

October 6-7, 2018

DoubleTree by Hilton
16625 Swingley Ridge Road
Chesterfield, MO 63017

Hopefully making these changes (and our Area outreach) will encourage more fellowship and a stronger Area. The AA message we carry to the still suffering alcoholic will be stronger too! One additional thing I'd like to mention is the cost savings. The last five Assemblies have cost an average of \$2,400 each. In 2018 we anticipate the average Assembly will cost about \$950.

I encourage everyone to save these dates and come out to our 2018 Eastern Area Assemblies! It is a great time to get a car load of people together and take a road trip! Also, get a group together and share a motel room at one or both of the two day Assemblies!! We will need all of your support to make them successful!

We also need your presence at the Assemblies that are close to you and as well as the ones far away. Hopefully districts and groups will be able to step-up and help their trusted servants with the cost of travel and lodging at the two-day Assemblies. Hope to see you all there!!

FROM OUR AREA ARCHIVES CHAIR:

We have been very busy in the Eastern Area Missouri (EAMO) Archives since the summer assembly in June. First and foremost, we would like to thank Lou B., who recently stepped down as the EAMO Archivist. His many years of service helped preserve and enhance an outstanding A.A. Area Archive. Lou was instrumental in successfully guiding the challenging move, organization, and set-up of the EAMO Archives from the previous location on Big Bend Avenue in 2010. Thanks, Lou, you have always inspired us to give our best.

We are also happy to have added two remarkable individuals to the Archives team. Each brings an enthusiasm for service work and professional talents that have broadened our abilities. In addition, on Saturday, July 15, the Western Missouri Area Archivist visited the EAMO Archives, and we shared ideas, procedures, techniques, and criteria for archiving.

As we continue to sort through the many items we have accumulated over the years, we are amazed at the dedication and hard work that past Archivists, Archives Committee members, and volunteers have brought to the EAMO Archives. This is reflected in the amazing collection of items that display not only the history of A.A. in Eastern Missouri but also the overall history of A.A. For example, we have memorabilia such as convention pins, past delegate's state pins from General Service Conferences, and past delegate's General Service Conference name tags. We are also proud to announce that we are near completing the scanning and digitizing of all district meeting minutes. Our next big scanning project will be group histories.

As the EAMO Archives continues to grow, we are challenged by the amount of space available to store items. It is necessary to prioritize those items we can accept. Please note that due to these storage limitations, we cannot accept items in duplicate. If at all possible, we prefer that all district meeting minutes be emailed; however, we will still accept hard copies from districts that do not have access to a computer or email. Some A.A. groups have also sent hard copies of their meeting minutes. Unfortunately, given the number of groups in our area, it would be an impossible task to scan all the meeting minutes for groups; however, we will accept group meeting minutes that are emailed to archives@eamo.org, and we will store them with each group's history in the digital archive.

During the last 3 months, we have continued to interview our A.A. old-timers. We were able to interview several at the Missouri State Convention in August, and the current Archives Committee Chair continues to interview old-timers in the Tri-County Area. If you know of an old timer (30 years + sobriety) who would be interested in being interviewed, please contact us with their phone number for follow-up at archives@eamo.org.

Please note that we have changed our hours on the third Saturday of each month to 10:30 AM to 12:30 PM (except during Area Assemblies). Our hours remain the same on the first Wednesday of each month: noon to 6:00 PM. Arrangements for other days and times can be made by contacting us at archives@eamo.org.

THE NINTH STEP PROMISES by Pat B

Most of us have heard, hopefully, of the *Ninth Step Promises* from page 83-84 of the Big Book of Alcoholics Anonymous. However, do we really know what they mean?

Painstaking? As in “done with great care and thoroughness”? Half way through what? Amazed by what? I sure didn’t get what these passages meant when I first read them.

You see, I had a sponsor that immediately and continually brought me into our Big Book. And, since I had the audacity to question what these phrases were all about, she gave me an assignment to read the 9th Step Promises every day, usually upon retiring.

Even though I started understanding what they were saying, I couldn’t truly grasp what they were really all about when it came to me staying sober. But, since I couldn’t ever remember being harmed by what my sponsor suggested, I trudged along.

Then, all of a sudden, Promise 1 came alive to me!! Why? Because I *was* half way through my journey in making the direct amends our program suggests. They stopped being empty promises, and became a reality to me. Not all of them, and not all at once. But enough for me to realize I was still probably on the right path to continue to stay sober for one more day.

What Are The Ninth Step Promises of A.A.?

1. If we are painstaking about this phase of our development, we will be amazed before we are halfway through.
2. We are going to know a new freedom and a new happiness.
3. We will not regret the past nor wish to shut the door on it.
4. We will comprehend the word serenity, and we will know peace.
5. No matter how far down the scale we have gone, we will see how our experience can benefit others.
6. That feeling of uselessness and self-pity will disappear.
7. We will lose interest in selfish things and gain interest in our fellows.
8. Self-seeking will slip away.
9. Our whole attitude and outlook upon life will change.
10. Fear of people and of economic insecurity will leave us.
11. We will intuitively know how to handle situations which used to baffle us.
12. We will suddenly realize that God is doing for us what we could not do for ourselves.

Since I have already defined what Promise 1 came to mean to me, I will try to give my understanding of some of the others. And, just like my understanding has changed over the years, it may or may not be yours. This program doesn’t require us to think in the same way; it just asks us to follow the program of recovery set forth by our founders and the many others that preceded us. So, here goes...

The freedoms and happiness, from Promise 2, which I had at the start of my journey, change the longer I actively work this program in my life. At first it was just the freedom from alcohol and the happiness that was brought to my family and me in being sober. Today, the freedoms are too many to number; and the meaning of happiness touches so many other aspects of my life.

I guess if I have a favorite promise, it would be Promise 3: not regretting the past, nor wishing to shut the door on it. Why? Because I no longer have to feel the guilt, the shame, and the resentments that pushed me back to the bottle. Why not shut the door on it? You've probably heard Santayana's famous quote, "Those who cannot remember the past are condemned to repeat it." We alcoholics have a tendency to forget how bad it really was without reminders of just what life was for us before A.A.

Promise 4, comprehending serenity, and knowing peace, eluded me for a long time. However, today, it amazes me that no matter what is in front of me, no matter how horrible the situation, I can still find peace within. Once I realize this, serenity is right there too.

Promise 5 demonstrates that as bad as I was and after all I did, my experience can be used to help others. Especially since I no longer have to hide what I did nor who I thought I was.

Promise 6 is an ongoing war with me! It doesn't take me long to get on a good pity pot when things aren't going my way! And as for uselessness – it usually comes when I put higher expectations on myself than are truly possible. Thank goodness I have friends in A.A. that remind me when I fall back into the old patterns of pity or egomania.

Promises 7 and 8 help me understand that life is not all about me, but about what I can unselfishly give to others. When the gift is ego free, the joy overrides any prestige or monetary gains. Self-seeking does slip away.

Promise 9 has changed how I see the world in and around me. I used to think "life is crap and then you die!" Today I try my utmost to make the best out of the worst while still acknowledging life isn't always what I want or expect. This is when working the 12 Steps and a using sponsor helps me be okay.

Promise 10 gives me the freedom to hold my head high, knowing I don't have to hide from others anymore. Nor must I worry about to whom I owe money, how I will live on what I earn, or heaven forbid, any amends I may need to make today!

I like to combine Promises 11 and 12 because to me they are one and the same. Too many times things have worked out regardless of my involvement. Did the answers come intuitively? Not really. They came after remembering what the Big Book says about "when agitated or doubtful." Getting me out of the way sometimes means calling my sponsor, going to a meeting or doing a little program related reading. Sometimes I try to imagine what God has in store for me to do. I'm not always right, but the times that the correct answers come have increased ten-fold. With that knowledge, I know God is doing for me what I cannot do for myself.

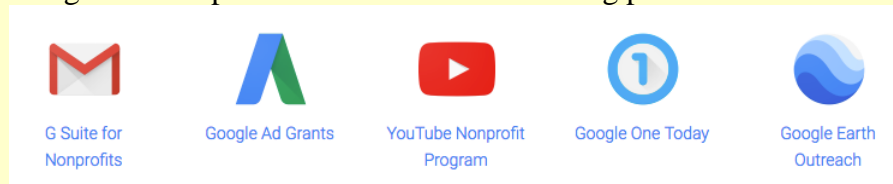
Well, I have completed my assignment. You may not be where I was then or am today. All I know is that if we all follow the program of recovery to the best of our ability, we can be just a little better today and tomorrow. Thank God for the A.A. Fellowship, our program of recovery and the twelve promises, which we can all realize one day at a time!

TECH TALK by Lois L

This Tech Talk column focuses on explaining Google for Nonprofits (GFNP) and how the Eastern Area of Missouri can benefit from using the specific program we have enrolled in.

Overview - What is Google for Nonprofits?

Google for Nonprofits consists of the following products:



Participants in the program can choose which products they want to enable. The Eastern area has only enabled G Suite for Nonprofits. The G Suite was chosen because it addresses some of the current pain points Eastern Area officers have expressed. The key things we get from the G Suite are improved abilities to communicate, collaborate, and store our documents.



These are the specific benefits of the G Suite for our Area:

Easily keep in touch

One of the products included in the G Suite is Groups. [Groups](#) makes it easy to communicate quickly and effectively with everyone at once. After adding email accounts to a group, we can send an email to everyone in that group using one address, invite the group to an event, or share documents with the group. We can also create online forums to discuss committee work or answer questions about a specific topic.

Make decisions faster, face to face.

We can use shared [calendars](#) included in G Suite to see when others are available and schedule meetings with automatic [email](#) invites. With one click, we can turn a meeting into a [video conference](#) from any camera-enabled computer, phone, or tablet. We have the ability to share screens in order to review work as a team, and make decisions on the spot. This will allow committees and working groups to have remote video conferencing if needed.

Collaborate in real-time.

Using G Suite we can easily work on [documents](#), [spreadsheets](#), and [slides](#) across devices, with or without internet. We will be able to work in a single document with multiple people, see edits as others type, communicate through built-in chat, and ask questions in comments. Multiple people can work at the same time, and every change is saved automatically.

TECH TALK CONTINUED...

Securely Store and share files in the cloud.

Through G Suite we will now have a common area ([Drive](#)) to store and share Eastern area content with each other. This will enable easier rotations (no more huge boxes of paper or missing computer files) and allow us to easily access content we share with each other - from any device. Content can be password protected to ensure it is shared with members of the Area.

Communicate more efficiently.

We now have unlimited email addresses at eamo.org. This will allow our trusted servants to easily access mail from any device and send and receive emails using their eamo email address. It will also allow us to easily access contacts from the Eastern Area directory and store service communications for future reference.

Mobile Access

Mobile apps are available for many of the G Suite products including Gmail, Google Calendar, Hangouts, Drive, Docs, Sheets, Slides, and Google+. We can also access Google Forms, Groups, and Sites from a browser on a mobile device.

For More information

The technology committee will be conducting several pilot groups to introduce these new tools to Area servants over the next months. If you are a current Area servant interested in or familiar with using the Google Suite of tools we'd like you to be part of a pilot to test and provide feedback on some of the capabilities beyond just email included in G Suite. To join the pilot [please sign up here \(this is a clickable hyperlink in the online version of the Fall Gratitude Gazette. Please visit \[www.eamo.org\]\(http://www.eamo.org\) to find the Fall Gazette and to use the embedded links\).](#)

If you'd like to learn more about G Suite [visit the learning center here \(https://gsuite.google.com/learning-center/\)](https://gsuite.google.com/learning-center/). This also is an embedded hyperlink.

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