

**District 06 (San Francisco) Minutes for General Service Meeting Tuesday May 9th, 2017**  
**St Mark's Church, Fellowship Hall (downstairs) 1111 O'Farrell Street San Francisco Ca.**

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6:30 – 7:00 New GSR Orientation: 3 attended – led by Justin H. *Alt. DCMC*

6:30 – 7:30 12 Concepts & Service Manual Study: 7 attended – led by Alison W.

### **Opening of Meeting**

- Open at 7:30pm with Serenity Prayer
- General Service Preamble – read by Dennis H. (*District Committee Member Chair - DCMC*)
- Tradition 5 long form - read by Aaron K; Concept 5 - read by Dan deC
- **Welcome new GSRs:** Dan deC. GSR PAX West; joe R.F. - GSR Show of Shows; Aaron K. Wharf Rats; Mac E.s new alt GSR waterfront group; **Visitors:** Kelly H. – Area BTG chair; Erica CNCA Assembly Coordinator; Allison M. new liaison for District 16;
- *Birthdays* – Jackie B: 'Hello. So I don't know if you are aware of the birthday plan; a brief history; it's a tradition started in 1950 in Oklahoma; to celebrate your sobriety anniversary- also called sober birthday – and to show gratitude for what AA has given you; send a dollar per year for every year you've been sober; you can use the birthday plan envelopes; if you have a chip meeting- think about asking your group about handing them out; now I can give them to people announcing sober birthdays now...'
- **Anniversaries:** Caleb A. 6 years; Gilbert G. 26 years; Dennis H. 21 years;
- Approval of prior month minutes; no changes; accepted as written

### **Presentations**

- **Financial Report** – Gilbert G., District Treasurer: contributions are good; expenses slowing down only; had low expenses so balance up; but in the bank, still under the prudent reserve; checked the previous year's budget, expenses, and they are like this. //Q: I'm wondering about the PRAASA amount, it was pretty high right?// A: yes// Q: is that a historically large expense?// A: yes // Q: so would you say our current expenses are as expected compared to what the past years were like? //A:yes
- **Presentation of Concept 5:** Ray L. GSR Valencia Smoke Free Fridays 6pm; Volunteer for 2 minute presentation of Concept 6 for June meeting Jackie B
- **DCMC Report** – Dennis H.: Number of things; list of advisory actions from 67<sup>th</sup> general service conference was emailed out; What this is, is a list of everything the conf approved by 2/3 vote; items that are called advisory actions is basically the conf asking the board of directors to carry out these actions; there will also be a list out shortly, of the items that were considered but not approved; if you're interested in that background there's a post conf assembly; how many people are going up?: remember there are two parts; biz meeting in the morning and the delegates report after lunch; Erica – question for you - are they still taking reg for dinner the night before?// A: yes – via email or phone// great thank you; The delegate's report is not just what's happened with all the agenda items, but also her experience; she did send us a post card; she will be here at our June meeting; what's going to happen next month is that we will turn over the bulk of the meeting to her; great chance for non-GSRs, other AA members, sponsees and folks, to find out what's going on// Q: can anyone come? // A: open to anyone who is an AA member; Couple of other things... AA YP archives coming up // Comment: it passed// Reply: well there's that then; I'll stop for Questions // none

### **Officers/Liaison reports**

- **Intergroup Liaison** – Luke H.: we met last Weds May 3<sup>rd</sup>; one point we went around and around discussing atheist/agnostic designation meeting; really great conversation both pro-con mixed; now we're talking at inter-group how we can keep people engaged and reduce drop out; talking about buddy system; Qs? None

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- GGYPAA Liaison – Mac E.: a contingent went to the history of Young people in AA workshop in pleasant hill on May 6<sup>th</sup>; it was awesome; the first self-identified young person in AA that we know of from the Chicago newsletter was in the early 40s; GGYPAAs elections were May 7<sup>th</sup>; all positions filled; Justin H. is the new chair; GGYPAAs business meeting Sunday June 11<sup>th</sup> at noon at central office; new positions will be created; New service co-chairs will be here starting next month (Jessica S. & Allison W.); Cohosting SOCYPAAs (ACYPAAs host) campout, WET BRAIN OLYMPICS, lake Berryessa June 2-4; ACYPAA host (SOCYPAA) elections May 13<sup>th</sup> in Santa Rosa, noon to 6:30pm; Yuba campout July 7-9<sup>th</sup> at the American River resort, registration is open (may be last year at this location) Qs // Q: can you please email me that report? // A: yes I'll get your email after // Q: who is the new chair? // A: Justin Hedemark.
- Bridging the Gap Area Chair – Kelly H.: So I'm the Chair for BTG at CNCA this panel; what a great turnout for the BTG orientation earlier tonight; we're doing it for different reasons but we all do it because we're grateful to AA; we had a very successful orientation meeting tonight; we had 12 requests that BTG was able to respond to thanks to the participation of AA members willing to show up and be of service to folks we don't normally think about; think about being willing to be a volunteer; not enough members know about BTG; This is just one of the vital 12 steps service committees happening outside the group level; we are in cooperation with other service committees; at the conclusion of H&I meetings, it is strongly encouraged to mention BTG; we cooperate with PI/CPC/ H&I because they can't really have contact with inmates; big new news, out of minority appeal we have developed the newest BTG service material; it is a pre-release contact service for inmates; give them the opportunity when they are nearing parole so they can begin corresponding; people have started working the steps while confined this way; what we have found in our area is there's a wonderful effect that happens when a district actively participates in BTG; in one district north of us, it started with a single volunteer and she has been working the steps with one confined woman who was desperate to get sober; now, other women in that jail are writing and working through the steps with BTG volunteers; and here's the incredible thing – that the woman behind bars got her stay extended and she said 'well, it's not what I wanted, but now at least I can help more people in here before I get out'; we're looking at getting a female to be involved and take on a leading role in BTG in the San Francisco District; Leo has already stepped it up and has revived the program in your district; think of what a team could do; There will be orientations every month before the district meeting so come next month; // Dennis – this is the type of message that give you a great opportunity to bring back to your groups, don't need a sober time minimum requirement.
- District Registrar - Neil F.: I've put one of these sign-in sheets on every table; I don't know how this got back to me; please fill them out and we'll see what happens
- PI/CPC Liaison – Justin H.: sub group of intergroup; meets when; San Bruno; trying to re-build the connection with bridging the gap; Bill W himself said PI is one of the most important things; attend the orientation and get a commitment right after that or email

**Special Presentations:**

- Visiting area officer: Erica G Area Assembly Coordinator

What I am really hoping to talk about is the joy of hosting an assembly; assemblies are where our groups and members have the say in what happens for AA as a whole and for AA's future; the way it happens is this - their voice (the voice of the groups) is filtered through the GSR – through you guys; you are vital; and here in our area, CNCA, we have more assemblies than anywhere else in North America; we need to take turns hosting an assembly; when a whole lot of people do a little bit of work, we can all get a lot done; and the last time San Francisco hosted was in 2013; each district should think about hosting an assembly about once every 5 years to ensure the responsibility is distributed evenly amongst the

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districts; so, since it take about a year to plan an assembly, now is a great time to be thinking about hosting; just so happened my home district was the host of the first assembly I ever attended; I was set at ease that I saw people I knew; there was clearly something special happening; and last year we were told we couldn't pull it off; we were told our district was 'too expensive' and 'there's nowhere to hold everyone' – but we did it; we hosted the post conf assembly; I was the chair of the district and I asked the GSRs – are you interested?; they were interested; it really doesn't take one person doing the heavy lifting; not just for people who are already involved in GS to suit up and show up; but if each GSR asked one person to help – them you're covered; think about all the service opportunities – registration, parking, people holding the CNCA signs from the freeway off ramps; just like a meeting but a mega meeting; if you look at the people serving the food and laughing and we are all staying sober; get a planning committee; grab sponsees; gather help and it's important to get people involved; at first I thought no one would want to, but they want to show up; AA members need to be of service; people who hear about it kind of volunteer on their own a lot of the time; then, they come back; and this cultivates leadership; it's essential; gets people involved in GS at the ground level; I always want to take my turn at that, not just put it all on others; Also - I can help you; That is my role at the area – to help you plan successful and fun assemblies; each assembly is different; summer needs break out rooms; election assemblies need a ramp; there are guidelines and docs; I got all these in the pass it ons; and we pass this on to you; the prior assembly is sponsoring you and your assembly; I write notes and then I don't use them; I know I said it; planning is lots of fun; increases enthusiasm; I love rotation; bring in new blood; this is the place where we get new people to come into AA; //Q: what assemblies are open// A: the election assembly Nov 2018; Pre-Conf Feb 2018; we're about to open the next pannel too 2019-2020// Q: are there examples of past bids? // A: I can work with you on putting a bid together and we'd look at past bid packets together; yes I have all that// Q: in terms of financing, who pays?// A: area pays for it; district does not pay a penny; district can do a dinner// A: I have bid forms with me and guidelines that you can take with you and look over// Dennis – I really encourage you all to think about it; in the past we've done it with District 16 and now that we have a Liaison we have that going for us too; also simply because we look at the process doesn't mean we're going to actually get doing it; everyone says we can't do it because SF is too expensive

• *PRAASA presentation: Cody H. GSR Design for Living Sat Mornings*

Thank you to this district for sponsoring me to go to PRAASA; it was my first time, my first night as a GSR, I put my name in the ring as being available and I got sent to PRAASA!; it was extremely beneficial; the ppl there were so passionate about service; meeting up with people and they invited me along; so many of them have met each other over the years and it was great to witness others reconnecting around their passion for service; super passionate about service; i was extremely surprised by my experience that it was a much older crowd; i felt a little out of place; honestly I felt a little shunned; it was a little off putting; it makes me want to encourage people to get into general service; people of all ages and sobriety; get their voices heard; there were mega meetings; incredible speakers; panel speakers; i had no idea what was going on; I listened; I learned that people were passionate about general service; throughout the weekend there were speakers on different topics; high number of spanish groups and topics; speakers and panels all through the day; workshop panels went into the evening, really late, like midnight; found it so interesting, being an english speaker, because I had a translating device so I could hear what others were saying; topics how we can get groups involved; bring topics to group; camaraderie; i met wonderful people from all over HW AZ UT NV; I can't thank this district enough; I strongly encourage you all to make the effort to go; the next PRAASA is the first weekend in March 2018, that's the 2<sup>nd</sup>-4<sup>th</sup> and it's in Sparks, Nevada.

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\*\*\*\*\* 7<sup>th</sup> tradition \*\*\*\*\*

**Housekeeping motions:**

- Motion: *The district establish an optional contact list with phone numbers and emails for current members who attend the district meeting, the list will be the responsibility of the Alt DCMC.*
- Dennis – just a reminder that housekeeping motions are not controversial; needs to have complete agreement; if anyone objects to this motion it will become old business and we'll have a chance to discuss it more at the next meeting; Chelsea will give a bit a back ground and speak about the intent of the motion.
- Chelsea – I proposed this idea with the intent of facilitating communication between members; in essence the contact list will function as any regular AA meeting's phone list; being on it is optional; if you're on it – you can put your number and/or email; and if you want the contact list so you can get in touch with other you've met here – like if you need someone to cover your commitment at this [district] meeting or you want to ask to carpool to an assembly – you'd pick up the phone list from the literature table; or if you have a question about general service; the bottom line is that we don't all have access to each other unless we know each other outside of the district meeting and I for one would like my contact information to be available to members who have questions about general service; that's the jist of it; really simple; and when the panel rotates, we toss it out and start a new one for the new panel; oh – and it's totally separate from registration; any Qs? // Q: are our last names on it? // A: as with any AA meeting's phone list – that is up to you. Just your first name is totally fine. //Q: will there be a column with a box to check like if people want to be a service sponsor, or if they are available to drive a car pool? // A: the short answer is – No; the long answer is - those are the kind of questions that ought be discussed by the group and decided by the group if this item is not accepted as housekeeping; good questions and if you'd like to discuss that, you can object to passing it in housekeeping; that's valid // Q: so would it be handed out to everybody// A: no. if you want it, you'll pick it up.
- Dennis – so basically the intent is to help us in communicating; that's it; are there any objections; none; it passed; now it's up to the Alt DCMC to decide what to do next

**Presentation of new business:**

**Old Business:**

- None

**New Business:**

- None

**Area Business:**

- “That CNCA moves to reintroduce the following section (From page 6 of the AA Member – Medications & Other Drugs, Revised 2011 and also from the 1998 edition of Living Sober page 89) in “Appendix\*” in Living Sober (2012 edition). Placement of the below text will follow the current section **Note to medical professionals** (page 90)”:

“Some alcoholics require medication.

We recognize that alcoholics are not immune to other diseases. Some of us have had to cope with depressions that can be suicidal; schizophrenia that sometimes requires hospitalization; bipolar disorder, and other mental and biological illnesses. Also among us are diabetics, epileptics, and members with heart trouble, cancer, allergies, hypertension, and many other serious physical conditions. Because of the difficulties that many alcoholics have with drugs, some members have taken the position that no one in A.A. should take any medication. While this position has undoubtedly

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prevented relapses for some it has meant disaster for others. A.A. members and many of their physicians have described situations in which depressed patients have been told by A.A.s to throw away the pills, only to have depression return with all its difficulties, sometimes resulting in suicide. We have heard, too, from members with other conditions, including schizophrenia, bi-polar disorder, epilepsy and others requiring medication, that well-meaning A.A. friends discourage them from taking any prescribed medication. Unfortunately, by following a layperson's advice, the sufferers find that their conditions can return with all their previous intensity. On top of that, they feel guilty because they are convinced that "A.A. is against pills." It becomes clear that just as it is wrong to enable or support any alcoholic to become readdicted to any drug, it's equally wrong to deprive any alcoholic of medication, which can alleviate or control other disabling physical and/or emotional problems." --Presented by District 07

**District 06 discussion on this motion:**

I took a group conscience; majority were in favor; one person didn't like taking a stand about not taking a stand; two were opposed; some people wanted it put back in; my personal experience is that I took medication and when I came off the medication in sobriety I changed my sobriety date around it; when I was on the medication I had temporary relief but it blocked me from my conscious contact with my HP; I recently reset my sobriety date; //We read in our concepts about every body; it's unfortunate that some people have such a bad time with medication; we can't get particular about what drugs can and can't be allowed; my opinion is that when you're on methadone you're not clean and sober; but to the brother who needs it; maybe he's not going to come in without being on it; then he's at least got a chance; the point is to help as many as we can and if this helps us help others, we need it back in // this came up at the preconference assembly; we don't have this in context; it follows a whole bunch of information for medical professionals; it's in the appendix of living sober; it's written for doctors; my feeling about this is a little mixed; it is not written to AA members for how to sponsor – urge for rigorous honesty – what's missing from this is reinforcing; i am a person who takes medication for outside issues – very strict made a distinctive differences between types of medications; there is is difference between kinds of medications and it's possible for doctors and AAs to miss that point; the placement is strange; this is a really important topic and needs to discussed in context; // People share about medication a lot; medications with HIV positive meds are saving lives; I believe the bb covers it best when things are cross referenced; I am not a doctor; as a sober person working a program I don't want to put something in motion I can't stop; like trying to play doctor; we should looking to cross reference what's written; // I'm confused is this just about putting it back in or not putting it back in right?// yes // ok – so I want it put back in the book; my understanding of everything is super limited; when I first got sober I collected a lot of pamphlets; they are in my shoe hanging thing on my door; I would literally want to run away from the people in AA; a lot of days I felt all I had was these pamphlets; I was in rehab and I was banging my heads on walls; I was really sick; if people told me "you have to just go to AA and you can't take meds" I don't think I would have kept coming back; eventually I got off all that meds but wouldn't have been able to work the steps the first time with out them// I'm kind of in favor of this being reintroduced; it's up to me to tell my doctor; and doctors aren't always going to know what AA is all about but might as well give them the information in case they are looking// if I have an untreated chemical imbalance I will go crazy or hurt myself or someone else; sobriety is the number one thing in my life and I don't know what I would have done if I hadn't been stabilized enough to get sober; I'm in favor of it being put back in// AA has no opinion outside issues; if this is too the doctors; then it's good to get insight to what's happening with a patient who is trying to get sober and what sober means in AA// reading the pamphlet about medications together with one of my sponsees was really helpful; the language in the pamphlet reflected my own understanding about this topic; strong message that we are not doctors of each other;

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we should tell our doctors; personally – I can't stand it when I hear 'so and so won't sponsor someone one bc they are on a psych med'; that's against how AA positions itself; it's not clear why it was taken out but it should be be put back in; it's the right thing to do; even if placement is weird, it should be in there. // Dennis - since I will be asked to vote on this at the Area, can I see the hands of those who want the lang put back in; ok- thank you; now, how many do not want it put back in? Please raise your hands; only two do not want it back in.

**What's on your mind?**

I want to make an announcement for CA Northern Interior National AA tech workshop; growing realization that we here communicate our; host committee is recruiting is for presentations; [papers@naatw2017.org](mailto:papers@naatw2017.org) need submission by june 10 2017 // quick plug for teleservice; this is so we can keep people answering the phone even when central office is closed; get more people in sf involved; Monday 6pm at central office; please encourage them to attend; // I want to share what's going on at 2900 Mission Fellowship; new meetings started and plenty of spots available for new ones; First month free and management team will work with new meetings for reasonable rent while the meeting builds attendance; Also available for workshops; Saturday Homegroup meeting is now there and there is a new women's meeting at 6pm Thursdays (steps, traditions, speaker); The Mission Fellowship steering committee is reforming; Meetings held on the second Saturday of the month at noon; Elections will be held this Saturday May 13<sup>th</sup>; All are welcome; Committee goal is to address concerns about the facility, encourage unity amongst the different meetings held, plan events etc.// That's all the time we have tonight.

**Closing:**

- Sample GSR report: Justin - *Alt DCMC* – “You won't believe happened at the General Service District Meeting! We are heading to the Post-Conference Assembly to hear what the delegate has to say about what happened with our groups conscience in NY; stay tuned!; GGYPAA business meeting is sunday June 11<sup>th</sup> at noon at central office; new positions will be created for ggypa so there are lots of opportunities to be of service; Have you heard of the wet brain olympics? Come ask me after the meeting!; bridging the gap is something else I can tell you about and a great way to get involved; Do you have ideas about how technology can help us be of service? There's a Tech in AA conference coming up and they are accepting applications for presentations; Finally, 2900 is ballin, start a new meeting there and they will cut you the first month free!”
- Close at 8:29 with responsibility statement