



GRATITUDE GAZETTE

AUTUMN 2008 REPORTING SERVICE NEWS AND VIEWS
IN AREA 38 ≈ EASTERN MISSOURI AA

Passing It On: “Changing of the Guard”

Delegate’s Message

By the time you read this, we will either be at our last Assembly of the Panel 57 rotation, or will have completed it and chose our next set of Area officers. It will also be the last article I will be communicating to you as your Delegate. I could never repay nor share all the blessings granted me in allowing me to serve you in this capacity. They said it would be a life changing experience, and I know that to be very true. Yes, the job was busy, at times. But every minute on the road, in a plane, in a Group, District or Area meeting, my-out-of-town excursions, and the many E-mails to peruse were well worth it. I have been given the opportunity to serve with some of the best members in all of the United States and Canada Area 38 Eastern Missouri!! I could never give back enough for the privilege you gave me two short years ago.

They say in AA, to leave something a little better than when you came. Well, you certainly have done that during this rotation! Because of your service, our Groups are stronger and more informed. Our Districts are not only more unified as a whole, but are also more connected with other Districts in the Area. You have shown repeatedly how one alcoholic working with another alcoholic works so well. We are more understanding of the 1st Legacy of our 12 Steps of recovery, and much stronger in the 2nd Legacy of our 12 Traditions for our unity and the 3rd Legacy of our 12 Concepts of service.

We are also developing and preparing our future leaders. Yes, you are in training to be our future GSRs, District Officers, Area Officers, Standing Committee Chairs and even our future Delegates and Trustees. I was always told to say yes when an AA request for service comes my way. *With one point added:* That I can serve and be able to do the job “with help.” I have always had people willing to help me serve. So, if you don’t think you know the job, good! It will give someone else the benefit of passing on their experience, strength and hope in their service walk. Another thing: each time someone asks you to help, they are, in essence, saying that they trust you. How many things were we trusted with before entering AA? So if asked, remember, it isn’t just to get the work done. It is one more opportunity to enlarge our spiritual life, while we ensure our Fellowship’s growth and survival. *Continued on page 2*

South West Regional AA Service Assembly

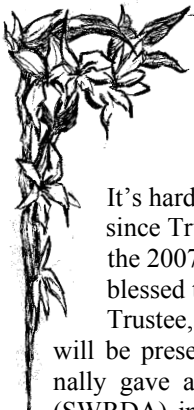
St. Louis, MO: Oct. 10 - 12, 2008

Why all the fuss? Well, SWRAASA 2008 is a one-shot opportunity to build a generation of knowledgeable service workers that we can rely on for decades to come. Most people who attend even one of these things are never going to be quite the same. From then on, they've seen the living book on service, more informative and compelling than anything we have in print, and they've seen far beyond their own local Group, District, and Area. Forget the pamphlet rack; they've seen the 600mph, 40,000ft view. The most grateful, passionate, knowledgeable people from seven states—thousands of years of service experience in one room—are there to share and learn, to show their scars and to tell campfire stories. So imagine if we get three hundred (1/30 of our estimated 10,000 members in Eastern Missouri Area) to attend. That's 300 people who will have been raised to new levels of effectiveness in helping other alcoholics, and from whom that knowledge will spread as time goes on. In other years, attending SWRAASA usually involves a drive of at least eight hours, and we only get thirty or so to attend. But this year—this one time in every 22 years—it's right here in our backyard. If we work hard now to get the word out, we can enjoy the benefits to AA in our Area for the rest of our lives.

*Yours in service, Jim F., Alternate Delegate
57/38 Eastern Missouri*

Cycles: We have almost completed this two-year rotation of service. When this cycle ends, a new one begins. The seeds for the new beginnings will have been sown in the previous actions of this rotation. Upon completion, we do not stop; we pass it on. With each turn of the wheel we go further; each turn of the wheel brings continuation in our work of carrying the message, in expanding our vision—as Bill W. encourages us to do. Our “changing of the guard” will begin with this Assembly’s elections and appointments. Please see the Area Service Manual (available at Assemblies or visit www.eamo.org; click on Area Literature) for Delegate, officer and committee job descriptions. *Continued on page 2*





Thoughts from the Chair...

It's hard to believe: a whole year has whizzed by since Trustee Emeritus Jim Estelle was our guest at the 2007 October Assembly. This fall, we are blessed to have our very own Southwest Regional Trustee, Conley B. as our weekend guest. Conley will be presenting a special workshop which he originally gave at the SW Regional Delegates' Assembly (SWRDA) in Oklahoma City, and has since presented with great success to Areas throughout the Region. On Saturday night he will share his personal story of recovery with us. I am grateful he has been able to include us in his busy schedule and look forward to a memorable weekend.

There's an old expression that "God doesn't call the equipped, he equips the called." How true that is in AA service! I certainly had misgivings about my ability to do this job when elected, and now that we're nearing the end of the term, I can look back and see how much the God of my understanding has carried me through these past two years. And, as has been my experience with each new service job, I am continually amazed at the way we grow spiritually and emotionally by overcoming the unique difficulties that service work often throws our way.

Our Third Legacy has truly rocketed my sobriety into a "fourth dimension." I am forever grateful that the Area has given me the chance to be a trusted servant. And I am especially proud of all of you that *continue* to serve Area 38 month after month, year after year. You "suit up and show up" to do the often hard and sometimes thankless work required to keep our Area healthy and active in carrying the message. In my opinion, the Assembly body has worked through a lot of challenges this rotation and has done so with both dignity and grace.

I am also grateful that we allow our servants to focus on the job at hand, rather than overwhelm them with multiple duties. While traveling this summer, I met a Delegate from a large city on the east coast. Imagine my surprise when he told me that while Delegate, he was also required to serve on their state convention committee, and would be chairing that committee upon rotation! I have also talked with servants from other Areas who are required to carry similarly heavy burdens. While being of service to AA is indeed a responsibility borne of the gift of sobriety, it should also be a joyful experience, and never so burdensome that it breaks our enthusiasm to serve.

You have all made these past 21 months a truly joyful, exhilarating, and very rewarding experience for me. Thank you especially for the support and patience you've given me while up on that podium. I look forward to seeing many of you again next year, in whatever capacity the future holds for us.

*In Love and Service,
Laura V., Area 38 Chair*

Committee Spotlight:

ARCHIVES



"Whenever a society or civilization perishes there is always one condition present; they forgot where they came from." (Carl Sandburg)

Alcoholics Anonymous must never forget what, where, and when we began. It is important especially in Alcoholics Anonymous to know where it started, when it started and what we are doing today to carry on our primary purpose: to help alcoholics achieve sobriety. Alcoholics Anonymous is so important to millions of people who suffer from this terrible disease. Our collection of documents from the past and present give us valuable insight on how Alcoholics Anonymous continues to work.

The Eastern Area of Missouri Archives is located down the hall from the Central Service office and is open the first Wednesday of the month from 2-7PM and the third Saturday of the month from 10AM-12Noon.

Now about some new and exciting news from your EAMO Archives office. We have decided that in order to update information on all of the Groups in the Eastern Area we have started work on a project to update all of our Group histories. The most important thing is that we need the cooperation of *all* of the Groups in the Area. We will have notebooks available at the Area Assemblies that will have the most current Group histories we have on file. We will ask the GSR or another responsible person from the Group to review their Group History to make sure that it is current. If a Group does not have any history in the file, we then ask those members to take a form, fill it out and return it to the next Assembly, or mail it to the Area office marked "Archives." Please remember that the notebooks will list only the Groups that we have on file at the Eastern Area office. If your Group is not in the book, it will be necessary for you to first register your Group and then fill out the Group History Form for inclusion in the book.

*Yours in service, Mike D.,
Area 38 Alternate Archives Chair*

Delegate's Message: *continued from page 1*

Before I go, I have to thank every one of you all your hard work, love and support that was given to me. No job was too small, and most took big chunks of sacrifice of your time, your energy and even your family obligations. But, we have all benefited from it. We are sober; we are better people than we were before. Most of all, we have developed a much stronger relationship with not only our Higher Power, but also with each other. Sometimes words just aren't enough to express our hearts. Just know that I love you and am excited about our future in Area 38. It works. It really does!

*Eternally grateful, Pat B., 57/38 Eastern Missouri
(Soon to be your IMPD— Immediate Past Delegate)*

Cycles *(continued from page 1)*

Most Districts in the Area, and many Groups, will have already elected their 2009- 2010 officers.

Looking back, we can thank those who have served AA well. We particularly thank Frank P., who is completing twelve years of service as our Area Office Manager. His dedication and management skills have helped to keep Area 38 well organized and highly functional. Through the years, he has been a valuable resource for Area, District and Group trusted servants. Looking forward, with new faces on board in addition to familiar folks rotating on to new positions, we will continue to thrive throughout Eastern Missouri AA.

In service, Editor



An Interview with Conley B.

Our Southwest Regional Trustee



Conley B., of Arkansas recently conversed by phone with the Gazette. His Trustee service began one year ago. On the General Service Board he participates in three committees: the Trustees' Archives Committee, the Trustees' International Convention/Regional Forum Committee, the Trustees' CPC (Cooperation with the Professional Community)/Treatment Committee. In addition he recently started service on the Grapevine Board where he will be serving on the Nominating Committee, the Finance Committee and the Risk Management Committee. This gives a total of six committees. Much time is devoted to travel: to New York for quarterly General Service Board meetings lasting several days each and the annual week-long General Service Conference; attendance at Forums, Regional Assemblies, visiting the 11 Areas in the Southwest Region, committee work. We have the opportunity to meet Conley at our September Area Assembly and at SWRAASA in October.

GG: *Our General Service Board Trustees devote extraordinary amounts of time to their service. What prompted your desire to take on such an involved commitment?*

CB: I want to repay the folks who gave me my life. Service is one way I do this. I am very grateful to AA.

GG: *With your busy schedule, do you have much personal time?*

CB: I make sure that I attend meetings regularly! I'm very involved and travel a lot. During the past two months I was home for one week-end.

GG: *How has the recent General Service Conference (GSC) impacted the Board?*

CB: We are paying attention to better communication. The Trustees respond to the direction of the Conference. Whatever the Conference comes up with—Advisory Actions and other issues—we work on answers and resolutions for today and in preparation for the next GSC.

GG: *What major items to you see coming up for the GSC 2009?*

CB: The next Conference will usher in a lot of changes. We'll be selecting our next General Manager of the General Service Office (GSO) and our next Chair of the General Service Board. Seven Trustee positions will change hands. I've been to three General Service Conferences: two as Delegate, one as Trustee. Each GSC presents unique challenges and issues, yet all are similar. It's still basically how to carry the message to the still suffering alcoholic, extending the word—how we can help make this possible: communicating with professionals, the media, etc.

GG: *What are your thoughts on the upcoming examination of fully funding GSO's services/expenses with Group contributions?*

CB: The challenge before us is to increase Group contributions to achieve the power of the purse. Group giving is gradually increasing. This is happening because the Groups that have already been contributing are now giving more; generally speaking, additional Groups have not been contributing. The important principle here is that it is not so much the amount of the contribution; it is the AA principle of participation—being a part of. It is about involvement and responsibility. In active alcoholism, we were apart from; now, we're a part of our Fellowship. In sobriety we learn to accept responsibility. The more responsible I am, the stronger I become; and the better I feel about myself, the better person I become.

GG: *What future trends do you see for AA?*

CB: As the economic times are getting tougher, the rooms of AA are filling up more. Already, I'm seeing this happen locally—more new people coming in than one year ago. Historically, the old-timers of AA were born out of the Depression era—as the economy crashed, more people fell off the edge. We are looking at upcoming cataclysmic events in our economy; we can, therefore, expect a tremendous influx of AA newcomers over a short period of time.

GG: *Are we prepared for all of these newcomers?*

CB: We'll be quickly thrust into more 12th Step work. Our literature is in place to meet the need. There will be a steep learning curve—we're up to the challenge. These are exciting times.

GG: *What in AA do you feel strongly about?*

CB: The Concepts, the Traditions, the Steps—the entire process and the principles that give light for the journey. With our freedom comes responsibility. I believe that the Conference is the sum total of our Group Conscience in action. We experience a loving God in our midst.

GG: *We thank you for your service to the Southwest Region.*

CB: I look forward to being at your Assembly this month and attending SWRAASA in October—it is a great family reunion! It is a pleasure to serve.

Please see the expanded interview: www.eamo.org/gratitude.gazette

EARLY BUZZ: MO STATE CONVENTION

State-Wide Outreach Initiative

New Website: www.MOstateconvention.org

The Missouri State Convention committee for 2009 is already up and running. They have initiated a new website to facilitate communication and hopefully also registration in the near future. The current opportunity to get involved is in the **Outreach Committee** that will be active in various reaches of both Areas 38 and 39.



Join now to help build the most exciting convention in Missouri. Act Now and contact our **Outreach Committee** for more information. Activities are being planned this fall. Let **Aaron** know that you are interested in the fun at: public-information@mostateconvention.org.

Yours in Service, Ed M., 51/38 Eastern Missouri

July 31-Aug. 2, 2009, Capitol Plaza Hotel, 415 W. McCarty St., Jefferson City.

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Published by the Gratitude Gazette Committee of the Eastern Area of MO, Area 38 of Alcoholics Anonymous. Opinions expressed herein are those of the authors only and not AA as a whole. AA has not endorsed the materials contained herein, unless specifically cited.



I'm a GSR, Now What?

November 1
10AM - 12N
Watson Terrace
Christian Church,
4205 Watson Rd., St. Louis

For the third time this informative "GSR school" is offered for newly elected GSRs, Alternate GSRs and anyone else interested in learning about this vital service position. It helps to answer many questions posed by new GSRs, and cuts through some of the confusion.

◆ REFRESHMENTS

- ◆ A COMPREHENSIVE GSR MANUAL GIVEN TO ALL ATTENDEES
- ◆ Panel discussions/presentations on such topics as: GSR duties, how to report out to those you serve, District meetings, the Area structure, GSR's voice and vote at Area meetings, and AA worldwide. ◆ Q&A on all topics, problems and solutions.

A Multi-District Workshop
Contact: dist2@eamo.org or dist52@eamo.org

If you miss this workshop, come to the

GSR ROUNDTABLE (same format).

November 8, 10AM-12N, Fellowship 9:30

Franklin County Regional Public Library, 308 Hawthorne Drive, Union

Presented by District 16. Contact: dist16@eamo.org.



SWRAASA 2008 We need you!



To attend SWRAASA 2008 at the Sheraton Westport

October 10th - 12th, 2008

Sheraton Westport Hotel St. Louis Chalet, 191 Westport Plaza, St. Louis, MO 63146

www.swraasa2008.org

Basic schedule of meetings:

Friday 6:30pm - 9:30pm: Delegate & Trustee Sharing
Saturday 8am-6pm / 7:30pm-9:30pm: Sharing Sessions & Workshops
Sunday 8:30am-noon: Past Trustee Sharing & Business Meeting

Help our AA Servants! Show up and claim your seat! Make a Donation!

The Eastern Area of Missouri (Area 38) is hosting the Southwest Region of AA Service Assembly (SWRAASA) Oct. 10-12. We are asking for your help to make this year's SWRAASA be self-supporting.

Every two years SWRAASA is hosted by an area in the Southwest region. Historically, SWRAASA depends on support from the areas as well as donations from groups, districts and individuals (especially those in the host area). This year is no exception, we need your support. Here's how you can contribute...

What types of donations?

- * Money * Coffee and tea * Coffee cups * Sugar, artificial sweeteners, creamer * Soda * Soda cups*
- * Chips, pretzels, nuts, snacks * Cookies, pastries, baked goods * Candy * Doughnuts *
- * Fruit - fresh (only needed Oct. 8-10)

Who can donate?

Individuals, groups or districts in AA



Where do I donate?

We'll come to you, or you can bring it to SWRAASA, or you can mail a check to:

SWRAASA 2008
PO Box 31603
Des Peres, MO 63131

For more information contact donations@swraasa.org
We are also in need of Hospitality volunteers for the conference.

hospitality@swraasa.org



ARCHIVES:

2683 Big Bend Blvd., Rm. 3, St. Louis, 63143.
archives@eamo.org. Open 1st Wed/ month 2P-7P.
Working sessions 3rd Sat./mo: 10A-12N. Drop in to visit or to volunteer. *Traveling Archives are available for your AA event.*

Monthly IR meeting:
3rd Tuesdays, 8PM
St. Mary's Hospital
Cafeteria
6400 Clayton Rd.,
St. Louis

**15th Annual Mississippi
Valley Region Conference**
Quincy, IL
October 24-26
Info: MVRC, 616 Bird St, Hannibal, MO 63401

SOBERFEST PICNIC

Sat. Night Live Group.
Oct. 4, 1PM
Salem Lutheran
Church
8343 Gravois,
St. Louis.
Meat, soda, water
provided

AREA BULLETIN BOARD

SMICYPAA MINI CONFERENCE 3

January 23 -25, 2009 at the YMCA Trout Lodge & Camp Lakewood (off Rt. AA in Potosi, MO); there will be A.A. & ALANON speakers, a dance, marathon meetings, fellowship, and all the usual SMICYPAA fun, not to mention the activities available at the lodge. Registration for the conference is just \$10 each; accommodations include double occupancy guest rooms and loft suites at \$65 per night, per person (this price includes 3 meals/day) - kids under 12 (max of 3 per reservation) stay free; for reservations (required) call 314.241.9622 (from St. Louis) or 573.438.2154 (from elsewhere); be sure to mention "SMICYPAA", and make your reservations by Dec. 23, 2008; for more info or to volunteer, contact: mini@smicypaa.org, or visit www.smicypaa.org/mini.htm.

New Feature Added:

"Gazette Extras" ≈ read articles that were previously not published due to space restrictions in the paper. Also, current and past issues of the Gazette, plus expanded Gazette articles, can be accessed on the Area website: eamo.org. Click on: Gratitude Gazette. Gratitude Gazette Now Available by E-Mail Subscriptions: The quarterly Gazette can be emailed to you as soon as it is published. To subscribe, simply request at gazette@eamo.org.

The 25th Annual Midwest Woman To Woman Seminar

October 3, 4 & 5, 2008, at the St. Louis Airport Hilton

a weekend of workshops, speakers, a banquet, dance & other activities, for AA women only.

www.midwest-woman-to-woman.com.

Anyone wishing to correspond with or submit materials for publication in the Gratitude Gazette may contact: gazette@eamo.org or write to: Editor, Gratitude Gazette, c/o Eastern Area Office, 2863 Big Bend Blvd., St. Louis, MO 63143. Submissions should be received four weeks prior to the next Area Assembly for consideration of publication in that issue.