

Sober Times

Williamsburg, VA Intergroup Information

District 38

Fall 2016

Service Opportunities: Which one do you want?

On the second Wednesday of every month, intergroup representatives from each of the Williamsburg groups, chairs of intergroup committees, and intergroup officers meet. Why? They meet to fulfill the purpose of the Williamsburg Intergroup. What's the purpose? According to the Bylaws of the organization, the purpose "is to carry the message of Alcoholics Anonymous to suffering alcoholics, recovering alcoholics and other interested individuals and groups in the community. Intergroup provides a forum for A.A. groups and members to exchange information and to extend the hand of A.A."

Intergroup representatives from each of the local meetings are the voting members. Committees are the working structure. Committees are "the hand of AA" reaching out. Each committee provides an activity of service. Again, according to the Bylaws, "activities may include: publish and distribute meeting lists, maintain a telephone answering service, conduct workshops, organize holiday Alkathons." For other needed activities, additional committees may be established. At present, Intergroup has nine committees, each has a chairperson. The Chairperson reports on the business of each committee at the Intergroup meeting. The committees are: Treatment and Corrections, Building, Telephone, Public Information/Cooperation with the Professional Community, Newsletter, Special Events, Website, Book Store, and Liaison with District 38.

Serving the Intergroup representatives, the committee chairs and the committees are four Intergroup officers, whose duties and responsibilities are spelled out in the Bylaws of the organization. The officers are: Chairperson, Alternate Chairperson, Secretary, and Treasurer. This group of officers coordinates the activities, takes and distributes the minutes, and keeps an accounting and audit of funds. They conduct the regularly scheduled meeting and report pertinent information from the committees and from other A.A. entities.

Intergroup is "the hand of A.A.," it is a basic "service organization." While it is loosely organized (a kind of principle of

A.A.), its committee structure carries the message of A. A. It is part of **AAs Legacy of Service**, as Bill W. writes.

To paraphrase Bill W. in another way, I believe that the Williamsburg Area Intergroup is "...a society of alcoholics in action." It "...must carry the message, else we ourselves can wither and those who haven't been given the truth may die." When Bill W. writes about AAs Legacy of Service, he says, "Services include meeting places, hospital cooperation, and intergroup offices; they mean pamphlets, books, and good publicity of almost every description. They call for committees, delegates, trustees, and conferences." The area Intergroup fulfills many of these functions. But what I know is this: Without officers, without active intergroup representatives, without enthusiastic committee chairs and committee members, service, as Bill sees it, slows, and the message is not delivered.

Let's not let the message die. Let's continue to deliver AA's message to treatment centers and corrections facilities, to the professional community, through wired and wireless networks, in our newsletter and reports. Let's carry the message to each other so we don't forget the principles we trust through literature, at workshops and events. To do this job, to provide this service, there must be officers, there must be committee members and chairs, and there must be representatives from all of our meeting groups. Who are these officers? Who are these representatives? Who are these committee chairs and committee members? **They are YOU!**

The Intergroup officers are elected at the December Intergroup meeting. As Chairperson, I have already appointed a nominating committee, and the Chair of that committee is looking for a slate of officers as well as interested AA members who are willing to be appointed as chair of each of the committees. Nominations will also be accepted from the floor at the election meeting. All candidates nominated must consent to run for office or serve as a committee chair.

AA Needs Your Help! AA Williamsburg Needs Your Help. We need all members of Williamsburg AA to search their souls and determine how service would benefit

the community and enhance their own sobriety. I know it has enhanced mine. During my years away from a drink, I have experienced periods of tremendous trouble, sadness, anger, depression and discontentment. My sponsor, at each of these times of despair, has encouraged me to get involved in a service position. I have sponsored many men. I have volunteered at treatment centers. I have taken meetings into the DC, Arlington and Alexandria jails. I have given talks to medical students at Georgetown, George Washington, George Mason, William & Mary, and the University of Maryland. I have twice served as Chair of Intergroup, once in DC and now here in Williamsburg. I have worked the phone bank in DC many times. I have chaired committees for picnics, for celebrations, for conferences and conventions. I have been both secretary and treasurer for groups, for intergroups and for districts. I say none of this to beat my chest, but instead to say that each time **service** has saved me from despair, from anger, from discontent, and has given me inner satisfaction and happiness. I grieved for my wife's death here in Williamsburg by chairing the programming committee for the VAC, and then serving as alternate chair and chair of the intergroup. This activity, this service, saved my life, my sobriety, and lifted me out of my glumness. We are not a glum lot, so **Let's do service.**

All positions at the Williamsburg Area Intergroup are open for election and appointment at the regularly scheduled meeting on the second Wednesday of December. Consider running for any of the officer positions or volunteering for appointment to chair a committee. Your work will be of great service to the AA community in Williamsburg and of great benefit to you personally—I guarantee it!

Tom P.

Intergroup Chair

Newcomer and Service

Experience, Strength, and Hope

When I arrived in AA I was desperate enough to do what was suggested so, I got a sponsor and a home group relatively quickly. My sponsor and her sponsor were involved in the Events committee and as it turns out, that meant that I was going to be helping with the Events too! I hadn't given much thought to service at that point but, I did enjoy helping with the decorating and I got to meet several others in the fellowship that I hadn't run into in my regular meetings which definitely helped me start feeling "a part of".

When my home group was in need of a inter group rep it was suggested that I try it out and I agreed. Going to inter group has

exposed me to more of the fellowship and the service that is imperative to making AA as a whole work. I'm learning that service work within the intergroup has given me an opportunity to not only be of service to my fellow AA's but, its allowed me to develop a network of meeting makers with lots of experience, strength and hope to pass on to me and who I on my own would not have reached out to.

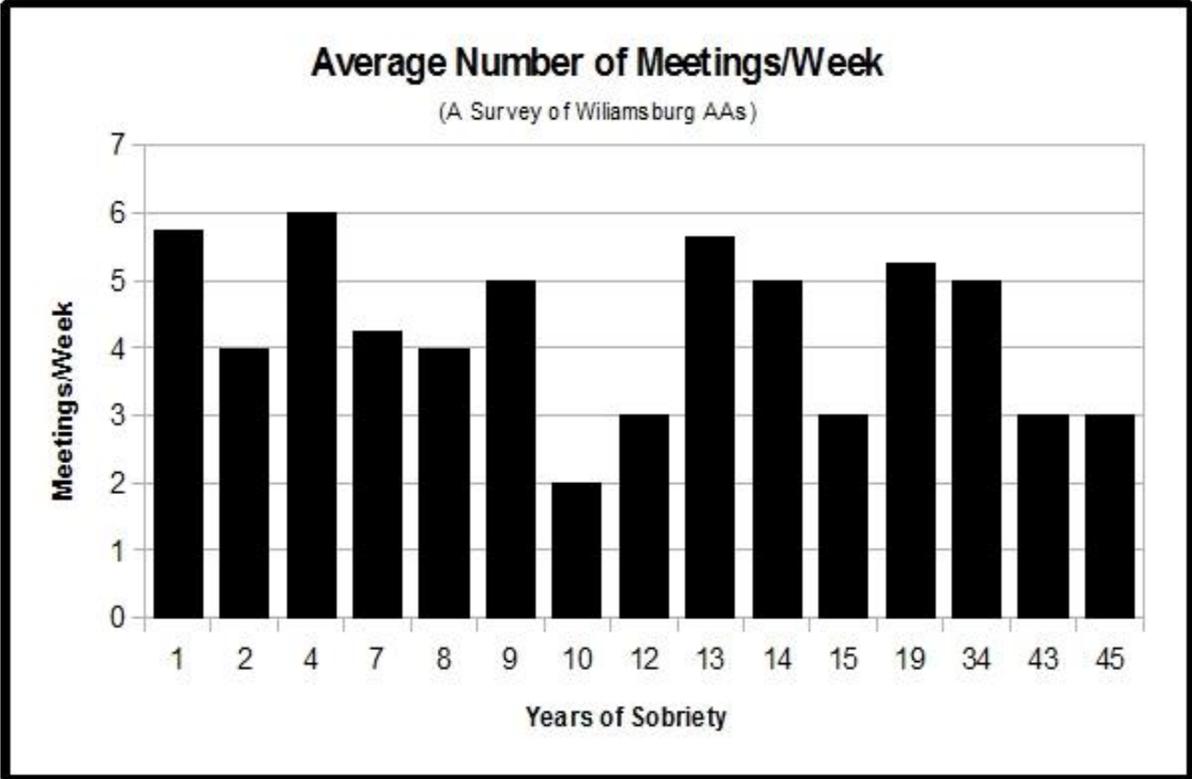
Currently, I have been working with a new sponsor who, as luck may have it is the newsletter committee chairperson and I've been working with the newsletter committee.

I have to say as a newcomer I am very grateful to be involved in

service and working with the intergroup. When I think about what a miracle it is that I even made it to the rooms and have been able to stay sober I'm filled with gratitude! I know that a power greater than myself and this fellowship has made it possible and so I will continue making service a part of my program of recovery.

Your Answer Is...

We asked 30 Williamsburg AA members how many years of sobriety they had and how many meetings they made a week, here's what we found...



How Do You Balance the Triangle?

How I manage "the Triangle"

Alcoholics Anonymous uses an equilateral triangle as a symbol for the program. On this triangle all sides are of equal length; signifying that each of the principles is equally important, The sides represent the topics of RECOVERY, SERVICE AND UNITY. The implication is that I should be balancing these three concepts as I work my sobriety. I can only say that I am significantly out of balance. I spend much more time on the RECOVERY and SERVICE legs then I do the UNITY leg.

RECOVERY: These are the activities I do to work my program of recovery.

- Go to an average of 5 meetings per week. When I first started AA, I went to 1 meeting a week and thought I was a hero. The longer I've stayed sober, the more I've realized just how sick I am. And consequently the more meetings I am willing to go to each week.
- Have a sponsor: Not only in name but in practice also. I call my sponsor a couple of times per week and have gone through the steps a couple of times formally.
- SPONSOR others: I usually have two "newer" sponsees (less than a year of sobriety) who require more attention on a daily/weekly basis as

we go through the steps. I also have several long-term sponsees who I work with and they are a lot less time intensive, generally.

SERVICE

- I have a job in my home group. I am my home group's treasurer. I have been the coffee maker, speaker meeting "booker", and GSR (General Service Representative) in the past.
- I chair meetings. Both in my home group and when asked at other groups.
- I volunteer to serve on the Newsletter committee. I try to write a couple of articles per year.

UNITY

- I am not sure what I do that falls under this heading. I do try to go to a variety of meetings in town and participate. I participate usually in the July 4 picnic and the Alkathons during the holidays.
- I try to be a good example of recover and be an "ambassador"; someone who tries to show others that hope is here and can be had.

Looking at this inventory, I should do some UNITY exercises. Any suggestions?

What Is Heard At Meetings Compared To The Program of Alcoholics Anonymous

Heard: "Making meetings is a means of spiritual growth."

BB: "For if an alcoholic failed to perfect and enlarge his spiritual life through work and self-sacrifice for others, he could not survive the certain trials and low spots ahead. If he didn't work, he would surely drink again, and if he drank, he would surely die." AA, pgs.14-15

Heard: "Don't rush into taking the steps. Take your time."

BB: "On your first visit tell him (your prospect) about the Fellowship of Alcoholics Anonymous. If he shows interest, lend him your copy of this book." AA pg. 94. "Suppose now you are making your second visit to a man. He has read this volume and says he is prepared to go through with the twelve Steps of the program of recovery." AA, pg.96. "We, in our turn, sought the same escape with all the desperation of drowning men." AA, pg. 28. If the newcomer doesn't rush into taking the steps, they will most likely rush into a bar or liquor store.

*Sobriety
delivers
everything
alcohol
promised...*

**Williamsburg Area
Intergroup**
4925 Centerville Road
Williamsburg, VA 23185
757-253-1234



Williamsburg Intergroup Service Descriptions

Chair - chairing intergroup meetings, reports intergroup activities to district.

Secretary- records and distributes minutes of intergroup meetings, keeps mailing lists up to date and sends out area mailings.

Treasurer- keeps financial records for the intergroup and reports to the group on finances.

Bookstore- orders materials, keeps track of inventory, sells literature to groups and reports sales to intergroup.

Newsletter- works together with committee members to compose and distribute the quarterly intergroup newsletter.

Telephone- coordinates volunteers who answer the intergroup phone line for persons seeking AA help or information.

Treatment and Corrections- provides avenue for AA members to bring the message of AA into prisons and treatment facilities.

Special Events- Plans and executes special activities for our intergroup

CPC/PI- Provides information about alcoholism to our members and to Williamsburg professionals who deal with alcoholics. Also, updates and distributes meeting schedules to intergroup and other institutions.

Website- maintains website to inform members and the general public of current meeting schedules, contact information for AA and special events.

Upcoming Events

October 1st- District 38 Workshop-Topic is *Anonymity* at St. Stephens Lutheran Church, 3:30pm Meet and Greet, and program from 4pm-7pm.

Monday, November 14th- Gratitude Dinner at Williamsburg United Methodists Church, set up at 5pm, dinner 6:30pm-7:30pm, and meeting/sharing 7:30pm-8:45pm.

November 24th- Thanksgiving Alkathon 8am-8pm at the Weslyn Foundation

The Events committee is always looking for more help, so if you're interested please check the aawilliamsburg.org website for upcoming meetings.

Please check the website regularly for updates and details on upcoming events.