

District 4 GSR Meeting notes:

July 21, 2026

[Zoom meeting link](#)

Chairperson: James

Attendees: James, Richard, Norah, Justin, Patrick, Craig, Kathleen, Alison, Jack

7:01p start. **Serenity Prayer**

Tradition of the month: Tradition Seven - Self Supporting. Patrick - "The person who pays the piper calls the tune." Also a spiritual aspect of supporting ourselves. Important to continue to carry the message. Richard - bringing up 25% meetings contribute in other meetings. Justin - experience as treasurer in other meetings, "folded money" from Bill 1955. Still just giving a dollar?

Next month: 8 - Sam

Group check-ins.

Beth - Nhptn Beginner meeting on Center Street. Attendance was down to 30ish, anniversaries

Sarah S - Eyeswide Open online meeting. Separate business meetings and bank accounts. 55-75 people each day. Annual picnic at end of August.

Craig - Attitude Adjustment, 7am Greenfield. Cooking right along. 25 people steady. Facilitated group inventory. Slowly making changes got from the process. How to reach the newcomer. Possible format change. When do Chairpeople start? September for new elections.

Alison - new rep. Noticed a lot of newcomers lately. Embers are getting little blue books and passing them around with numbers in them.

Kathleen - Shelburn Falls BB study. Attendance lower because of summer? Meetings are great. Read cover to cover. One week from front, next week from the back. Group inventory scheduled with Steve (past delegate).

Samantha - Sunday Night Only Requirement Group. Better involvement with group members. Attendance wonky. Two commitments a month.

Richard - Sunderland Security Group. Membership increase exceeding a single text thread. After much discussion. We now have two text threads. Back-up GSR attended Round-up.

Norah - Way Out Sunday's 10am @ Lyden woods in Greenfield. Attendance is healthy, 35-50. Thriving. Alternate GSR?

Area Report - James. Kate "less sickly". Overall down. Two \$300 checks sent through PayPal.

Technology. Web hosting complete. All set for three years.

Commitments are filled.

For women. New commitment starting at Grace House.

Archivist quiet. Boards available. Group history form available on line.

PI. Commercial available on radio. Collaboration with CPC. Workshop and area level lunch and learn.

CPC. AIC and Baypath commitments. New boards in the works. CHD drug taskforce meeting in July.

Round-Up. Dwayne from Intergroup says Intergroup is doing well. July 25, 9a-2p. 180 Main St, Sheffield, MA. Mindfulness in recovery workshop.

Same day as Grapevine writing workshop.

Institutions not present.

WesternMA intergroup. Family picnic. Sunday, Aug 16, 11a - 6. Moose Family Center. Looking for raffle items. If going to Intergroup to pick up books, call ahead.

Icecream Social at Szot Park in Chicopee, Aug 2, 11a.

Fall Assembly - Justin. Oct 3-4 in Pittsfield. Sat will be an educational day, area and world service.

Mass State Convention - November 6-8, Best Western Convention Ctr in Marlboro.

<https://www.aamastateconvention.org>

Offers: 1. Incoming-only commitment. 2. Group inventories. 3. Traditions workshop. Second Sat on Zoom. [Can be found on Area Calendar](#). Also a concepts meeting.

AD HOC redistricting committee - Jack. Maps in chat. Download, print and share with group. What is in the best interest in the area? Equalize the number of groups in each district?

Comments and questions to: redistricting_adhoc@area31aa.org

Old Business: District 4 11th Step Meditation.

Oct 17th, 10am - 2p - First Congregational Church in Sunderland (Big White Church in Sunderland)

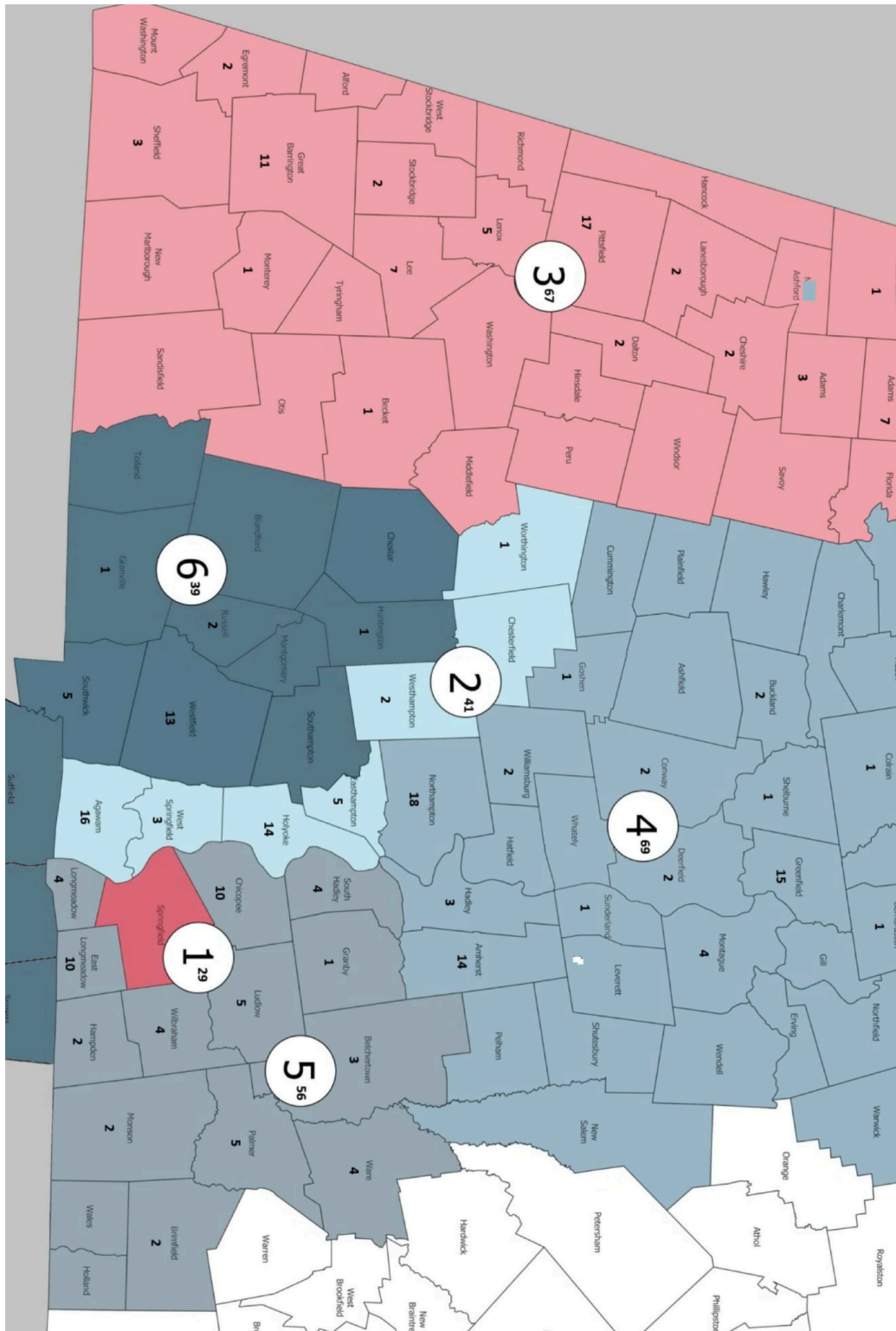
District 6 workshop on sponsorship on the same day? James will inquire.

What would we want to do? Chair? Format and structure?

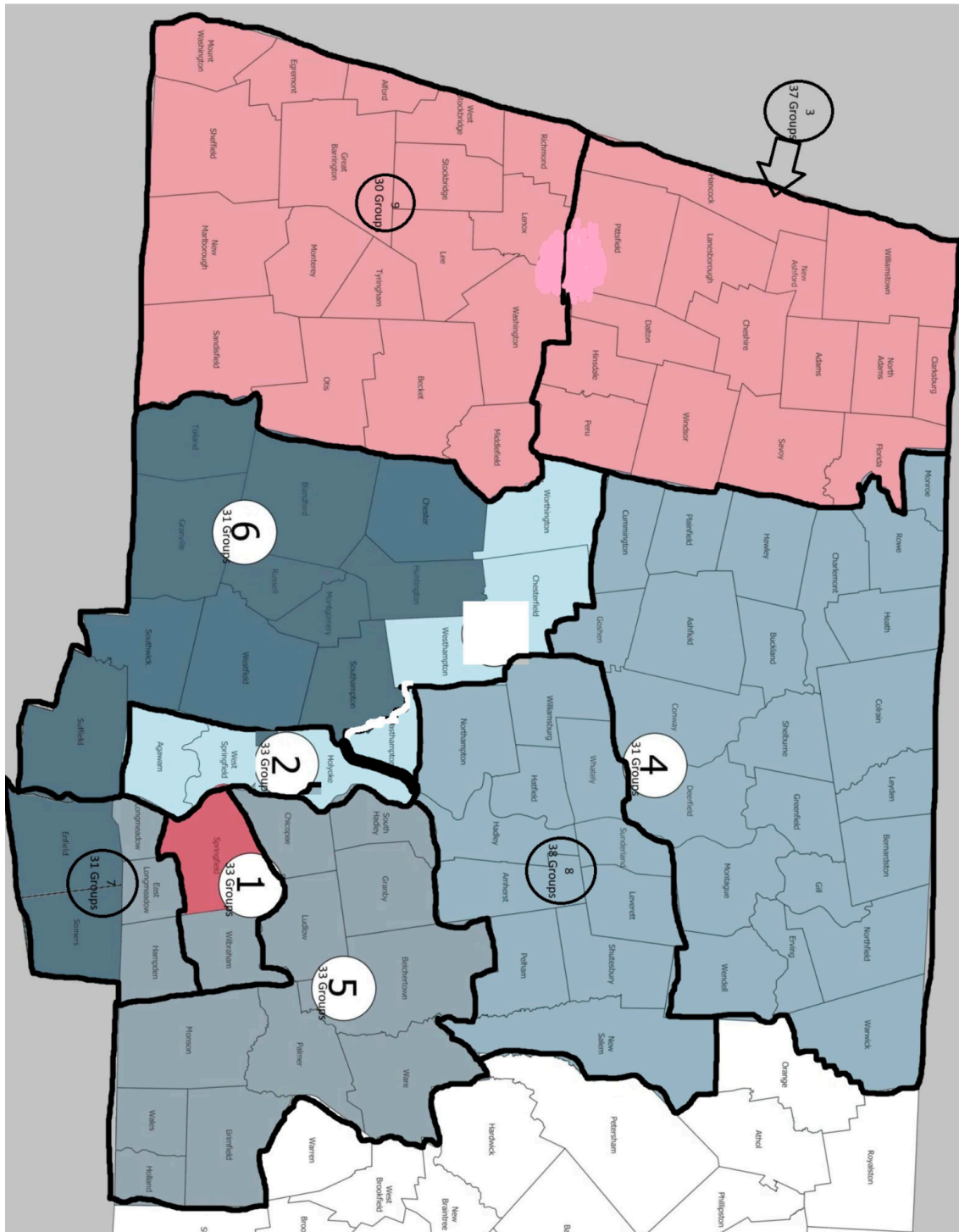
Craig and Norah will work on format and structure.

Craig: vitamincraig@gmail.com

Current Area 31 map..



Possible New Districts?



New Business? None.

Motion to adjourn. Second. Unanimous.

Include these two emails in meeting notes

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