

District 4 GSR Meeting notes:

August 18, 2026

Chairperson: James

Attendees: James (DCM), Norah, Nancy C, Kathleen, Erin G, Sarah S, Craig, Haas, Dexter, Ray M (Delegate)

7:00p start

Tradition of the month: Tradition Eight – Remaining Non-Professional. James: recovery coaches vs. sponsorship; Nancy shared that coaches help with resources, not working the steps

Next month: Tradition 9 - Haas

James' Report

Treasurer found some errors in her spreadsheet. \$3,573.59 closing balance plus prudent reserve of \$8,501. Contributions have increased across the Area. 302 registered groups in the Area (14 virtual). A Group history from South Hadley went to the archivist. 4 school presentations coming up for CPC. Roundup committee looking for speaker suggestions and locations for next year's Roundup. Berkshire Intergroup Sep 26 potluck from 11 to 3. Meditation workshop was successful. Institutions committee is running strong and their commitments are covered. Western MA Intergroup picnic was a success. Accessibilities committee is experiencing low participation, but commitments are covered; got a new commitment in Easthampton.

District 2 Robert's rules workshop 9/19 in Agawam. Ad Hoc committee has some maps under construction; 8 districts from 6 districts; excitement is building. Wed 6pm Hybrid meeting for this committee. James will try to get proposed maps out to District 4 meetings.

Erin G – CPC Report

Reaching out to local professionals who work with people in recovery; working on new contact lists; anyone can help by distributing information to professionals and let groups know what CPC does; 2nd Tue of ea. month (hybrid) changed to 6pm. They could use more committee members from groups. Send reps from the groups!

Ray M (Delegate's Report)

Area voted to let CPC have up to \$660 for new boards. Mass State Convention - November 6-8, Best Western Convention Ctr in Marlboro. Alkathon all weekend. Get rooms soon –

room block is almost closed. Lots of fun to be had! Find more information at <https://www.aamastateconvention.org>

Fall Assembly - Oct 3-4 in Pittsfield. Sat will be an educational day, area and world service. Includes voting for a candidate to be a Regional Trustee. Area Chair, Justin, can schedule past delegates to facilitate group inventories. Also offers a Concepts meeting each month. Send flyers to Western MA Intergroup and to the Webmaster at the Area 31 website.

Group Check In

Norah – Way Out – Leyden Woods: Attendances is slightly lower (probably due to vacations); group is interested in the redistricting; will get a copy of the proposed new map

Sarah S – Eyes Wide Open, Florence: Daily meeting with various formats; annual meeting in Sep

Nancy C – Amherst Friday Night Group: changing in Sep to 8 to 9 with no break (was 8 to 9:30); attendance has been slightly higher during the summer

Haas – Haydenville: all is well

Dexter – Conway Mon night group (hybrid): No updates

Craig – 7am Grapevine Meeting Greenfield: all is well

Kathleen – Shelburne Falls BB Study Group: Slightly lower attendance but all is going well.

Old Business: District 4 11th Step Meditation Workshop Oct 17th, 10am - 2p - First Congregational Church in Sunderland (Big White Church in Sunderland); All Paid; Only District on that day in the Area; no conflict

Craig and Norah met to discuss the format and structure. Rich and experiential; should lunch happen after the workshop? At 1pm? Will have snacks for during the experience; \$200 available for food/supplies etc. (reimbursed after the receipts are turned in); Ray M suggested using 50 as the projected count; discussion followed.

Group decided the workshop would take place from 11 am to 1 pm and then lunch will be service. Cleanup will be completed by 2 pm. At the Sep District 4 meeting the group will determine who is bringing what to the workshop. GSRs need to announce it everywhere!

New Business: NONE

Motion to adjourn Haas. Second. Sarah S- Vote: Unanimous.