District 4 GSR Meeting notes:
September, 15, 2026

Zoom meeting link

Chairperson: James

Attendees: James, Richard, Norah, Bob M, Kathleen K, Carl G, Patrick O, Sarah S, Craig, Nancy, Sean L., Haas

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

Tradition of the month: Tradition Nine. Tabled. Haas shows up two minutes late. AA ought never be organized… Look at history, makes perfect sense. Program wasn't made in a board room. Born of two guys trying to help each other. Medicine, religion, will power all failed. That's why we keep serving each other. Can't depend on others. We gotta keep it going. Thanks for everybody doing service.

Next month: 10. Kathleen K

Group check-ins.

Sarah - Eyes Wide Open, Florence, 7am. Doing well. 40-50 attendees.

Haas - Haydenville. Alternate Sean S. Doing really good.

Kathleen - Shelburne Falls Big Book. Attendance fluctuating. Last minute trips? Group inventory scheduled for Oct 10. More will be revealed.

Nancy - Amherst Friday Night Group, 8p. Now an hour long meeting with no break. Maybe more people will come. Attendance goes up and down. We worry that we wont make rent. Try to send money to the pie chart. Worrying about finances. Haven't been contributing to larger service structure.

Crain - Attitude Adjustment meeting, 7a, Greenfield. Meeting is steady.

Richard - Sunderland Security Group. Meeting is great. Love being part of it. Stepping on each other's toes. Still great.

Norah - Way out Lydenwoods meeting on Sunday, 10am. Big Book, step discussion meeting. Running smoothly. Solid. Mix of newcomers and old timers. Announcement of workshop. Big topic was making sure that we have enough snacks.

Area Report -

Treasury is doing a little better. Starting to return to previous balances. $4432. Contributions $3,124. Total area expenses, $1,629. Closing balance 5,916. Prudent reserve, 8501. Total funds $14,417.

Archivist - Carl will make report at October Area Assembly.. Group histories can be hand written. Crayons accepted.

Webmaster - re-districting notes available. Round up video available. Looking to incorporate Google Workspace.

Archives - two speakers committed. Looking for boards reach out to archives or James

CPC - database is updated. Boards being updated. Four upcoming commitments coming up.

Grapevine - announce that the Grapevine needs a lot of help. Rep seemed disappointed. Dec 5 11-2 Grapevine writer's workshop @ First Congregation Church in Lee. Several of the stories have made it into publication

Public Information - Hampshire Regional HS, 400 students. Actively searching for radio spots

WMASS Round Up. Continuing to search for a location. Asked each district to propose locations with advantages. Looking for a keynote spiritual speaker. Submit a brief recording. 10 minutes.

Berkshire Intergroup - Flyer for Speaker Jam How to Represent AA. Sat, Sept 26, 11-3, Ski lodge Pittsfield, 104 Cascade Street, Pittsfield MA. Potluck. Always good food.

WMass Institutions - Not much written down. Doing just fine. Commitments are filled.

****WMass Intergroup** - $22,023 was found. Missing for over a decade. Set up by previous treasure during Covid. That person left. It was forgotten. New treasure found the money. Predated Covid. Paypal. Will discuss how to distribute.
New *When and Where* is out.

Next upcoming WMass Intergroup meeting in October, will put names in hat to figure out Alcathon slots.

Fifth Edition BB will be out in February. Cost $20.

WMass Young People looking for a new place to meet. Good lively bunch. Can always use help.

Fall Assembly - Justin. Oct 3-4, Saturday, 9a-3p, Sunday, business meeting and elections. Sat will be an educational day, area and world service. Berkshire Waldorf HS, 6 Main Street in Stockbridge.

Delegates remark from Ray. Substantial financial discrepancy from Grapevine.

Bob remarks - election on Sunday is important. SHow up if possible.

Mass State Convention - November 6-8, Best Western Convention Ctr in Marlboro. Planning committee on September 29. Contact Bob for car pool. Registration is open, $35. Register online: https://www.aamastateconvention.org And block of rooms still available.

Everything AA app now officially owned by AA. Version 5. Free App. Can also pay monthly fee or yearly fee.

New AA BB will have a dust cover.

Ad hoc redistricting committee map is available.

Plain Language BB audio recording is available. Please remember that Plain Language BB is a tool. It is not the BB.

NAD - 63 regions in North America. It's amazing how each region does things differently. They are all doing service. Area 31 is fortunate to be a small area.

On the website, Delegates Corner, proposed PAIs are many. 123 PAIs. It's a good read.

Last thing, looking for panelist. Delegates and GSRs.
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, first Thursday of the month.

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)

New flier is up on Area calendar. Not yet on Intergroup. They are busy embezzling funds. hahaha.

Norah: I'm excited. We have a flyer. Rough outline of schedule. Notes about things that we need help with and coordination.

Craig: Yeah.

Norah: I wonder what the best way to do this would be.

Craig: Can I jump in. We have the whole training design and what happens and what we are guiding them through. What do people think they need in the community about format? It will be an experiential facilitated experience. Not a lecture or anything like that. Right, Norah?

Norah: That is the goal. I'm going to share links in the chat.

Craig: I don't want to have happen that we share and everyone has a lot of comments. I am worried about everybody putting their two cents.

Richard. It is the Area Workshop, not the Craig and Norah workshop.

Norah: I would like to feel that I am not in charge. The more input I get, the less burden I will feel. I'm not going to share our planning design without Craig's consent. We want help with snacks. Spanish speakers? Hearing impaired? Vision impaired? Budget is limited. My bedtime is 8. I want to make sure that we have snacks.

James: I will volunteer to take care of snacks and drinks.

Craig: The problem is the flier says 11-1, how can we not include lunch within that time.

James: What do we say to others about the workshop - a single sentence.

Norah: Craig has the experience of facilitation. I will be sharing on 11th step in AA. Can I be vulnerable? I have experience in yoga in meditation in AA. And I am a teacher by trade. I am not hosting a retreat. I am being a servant of AA. I am having an awareness that I need to be ready for the unknown... I need to really be careful keeping it in the safe container of AA. I typed up all the prayers and I printed them out. I printed out 50 packets of prayers. 3rd, 7th, sickman's, 11step… I still haven't read the 11th step in the 12 and 12.

James: Rule 62. Accessibility. Every workshop I've been, there has never been an interpreter. Can reach out to the accessibility committee.

Sarah - appreciate how much thought and work. For my group, I would like to be able to tell my group what is happening.

Carl: People who are hard of hearing and deaf. Typically those people have connections with the state who can come and interpret for them.

Richard: Thank you for all the work and personal investment. For me, 11th step, self-reflection, prayer and meditation, taken together, powerful combination. *"There is a direct linkage among self-examination, meditation, and prayer. Taken separately, these practices can bring much relief and benefit. But when they are logically related and interwoven, the result is an unshakable foundation for life."* [AA 12 and 12 Step 11, p 98]

District Four 11th Step Workshop

Schedule:

10:00 - 10:50	GSR's set up
11:00-11:05	GSR's Welcome participants
11:05-11:10	Review agenda
11:10-12:00	Relational Portion (Craig) small group

12:00-12:40	11th step prayer and meditation (Norah) large group
12:40- 12:55	Whole Group discussion
12:55-1:00	Close with group reading of the 11th Step Prayer
1:00	Lunch and co
1:30 - 2:00	GSR's clean up

New Business? None.

Motion to adjourn. Second. Unanimous.

Include these two emails in meeting notes

[redacted personal email] [redacted personal email]