

District 4 GSR Meeting notes:

January 20, 2026

Chairperson: James

Alternate: Patrick

Attendees: James, Patrick O, Justin C, Bob M, Carl G, Sally, Dale (Shelburne Falls BB), Sarah S (Eye-opener), Linda R (Sunderland Security), Dan B (Haydenville), Dexter D (Conway Monday Night Group), John H (Sunnyside Up), Tommy (Wednesday Night Northampton), Dexter (Conway), Craig (Attitude Adjustment in Greenfield), Urgyen (Northampton LGBTQ), Norah (Sunday Morning BB @ Lydenwoods), John (Sunnyside Up), Nancy (Amherst Friday Night)

7p start. **Serenity Prayer**

Tradition of the month: Tradition One

Our common welfare should come first,... unity.

Patrick - Keeping our egos in check. Be present. Do what's best for the group. If I can do this, then my recovery gets taken care of. I'm selfish, I like to think I know better. When I act on this, I fall off the beam. My life depends upon being sober. AA depends upon all of us. We carry the message. I have to. And I like to.

Next month: Tradition Two - Richard W.

Secretary's Report:

Last month was Nancy's last meeting. Gratitude. Taught me the ropes. NERF was great. The area report states that it was dominated by budget talks. Tonight we will discuss the LCM. Nice to have a safe space for GSR's to share questions, learning and growth.

New GSRs: - welcome!

Sarah (Eye-Opener in Florence)

John H (Sunnyside Up in North Amherst)

Group Check-ins:

- Dan (Haydenville Sunday Night, now @ 7p) - reg attendance, monthly commitments, service commitments, group elections postponed to January.
- Tommy (Wednesday Night in Northampton) started in March, good attendance, service positions starting with GSR, will start to make contributions to area.
- Dexter (Conway Monday Night, hybrid) good online and in person attendance,
- Linda (Sunderland Security) incoming and outgoing commitments,
- Craig (Attitude Adjustment meeting at Grapevine in Greenfield) Strong meeting, interesting eclectic personalities, GSR will attend NERASA, healthy meeting)
- Urgyen (Friday Night LGBTQ meeting in N'hampton) meeting continues to grow, with lots of newcomers and returnees. Elections postponed to January. Alt rep. And other positions. Stopped hybrid format.
- Sarah (Eyeopener meeting) parallel meetings online and in person but not hybrid, annual celebration, breakfast meeting, elections, discussed increased donations to pie chart
- John (Sunnyside Up meeting) stable old timers plus some newcomers. Go back to the beginning days of Up and At 'Em in Whaling House in Amherst. Came from NYC, fell in love with rough early morning meeting. Topic discussion meeting. If I attended no other meetings, this would be the one I attended.
- Dale (Shelburne Falls BB) doing great, 15-30 people each night, lots of service positions, first time GSR.
- Nancy C (Amherst Friday Night Group) meeting has movement, a little slow, visitors, don't have enough people to fill all the service commitments. South Amherst.

- Norah (Sunday Morning 10a BB Step Discussion @ Lydenwoods in Greenfield)
Healthy meeting 35-50 people, mix of old timers and new sobriety, van attendees from supportive housing, learning to give short reports, bus trip question.

AREA meeting recap - Jan. 14, 2026 (James):

- Treasurer's report. Things are really tight. "Area is always looking for donations. It's really easy to donate. Right on the website."
- Registrar and Archivist are in the meeting. Registrar is always looking for group histories. Form on website or on paper.
- Accessibility Report. 19 meetings last month.
- Archives Committee new co-chair. Fillable forms on the area website. Discussion about anonymity issues: some info may not be for public consumption, decided to put message "No Photos" on board.
- Cooperation with Professionals Committee report no request for new commitments.
- Grapevine - App is available at AAgrapevine.org, voluntarily reduced budget to \$600. Always looking for stories.
- Public Info Committee - needs people, push to make presentations to schools, PI workshop in December.
- Round Up Committee - Fri, 5.29, 530-930p, Sat, 5.30, 8a-930p on Saturday. Location: Wesleyan United Church, 98 North Main Street in Hadley, MA, \$30 pre-register, \$35 at door, bring a potluck dish on Friday and get a buy one get one free, help with set-up.
- Order of district presentations will be pulled from the hat.
- Berkshire Intergroup doing well.
- Institutions distributed 148(?) books, 31 groups contributed = 93 more books.
- Bridging the Gap, helping people from institutions get to meetings) needs more volunteers.
- Intergroup is looking for more reps, one year suggested sobriety, second Thursday of month. Meet after the bookie meeting.

- New *When and Where's* are out. Typo on front cover.
- Western MA WMYCAA pancake brunch, Sunday, March 15, 11:30-3p, location: 33 Alano Club, King Street, Agawam MA, \$5 suggested donation.
- NERASAA is Feb 20-22, Portland, ME, overflow rooms available. Bob and Justin are carpooling.
- MA State Conv, Nov 6-8 @ Best Western in Marlboro, planning committee every other month, meeting at Hitchcock Academy parking lot in Brimfield @ 5:30, one seat left.
- GSO bustrip to NYC is not cancelled, 19 tickets left. 5-530a, April 10.
- The price of books is going to increase by \$3 on Feb 1. 15% increase on everything else. Joy at Intergroup is putting in a big order ahead of deadline. Prices are going up.
- Notes (Justin) has maybe one spot for state convention and Ray has a spot for NERASAA. [NERASAA website](#)
- Concept meeting every month; group inventory resources
- All available on the website

Registrar Report (Sally)

- If you're in a group you have to sign up in two places. Register with Intergroup to put in meeting app. #2 get GSR registered with registrar. Technically, a group is not a group until registered with NYC Fellowship Connection database. Fill in a scary-looking form. OR, send name of group and name of GSR and contact info. GSR and/or alt-GSR. Email contact option.
- On website: list of all groups and id numbers, id numbers for treasurers, history date (anniversary date)
- Example of how this helps: helping a group find a contact number for their commitment.
- DCM's have access to this database.
- It's fun. Lots of groups with cool names.
- Registrar@area31aa.org

GSR presentation 2026 - (Bob M. Area 31 Alt Delegate)

- Strength of service structure starts with groups and GSR, mouthpiece of groups,
- You get a vote, 2 yr commitment
- Attend district meetings, area assemblies, vote, connect to area
- Oct-Dec election
- Feb 15 list of general service items sent to DCMs to be sent to GSRs.
- Report group conscience through round table discussions and open mic
- Areas - 93 areas in US and Canada
- Service manual links:

Area 31:

https://area31aa.org/files/handbook/area_31_handbook.pdf

World Service manual:

https://area21aa.org/wp-content/uploads/2024/11/BM-31_2024-2026_AA_Service_Manual.pdf

Old Business:

- Remove the town of Orange from our area 31 map.
- Tabled issue - appointment of LCM (local committee member)
Usually a current or outgoing DCR, assists with seeking participation
District 4 has 64 groups, but only 8 GSR attendees

Discussion - Nora asks question about responsibilities and says she sees the value of doing this work. Urygen suggests creating a coordination list to delegate this task among our attending GSRs. James responds that this has kinda happened before with limited success.

Motion to continue this discussion - Richard W

Second - Craig

12 in favor, 0 against

Motion to close - Richard

Second - Sarah

12 in favor, 0 against