



# The FYI

*"Your voice to Area 31 Alcoholics Anonymous"*

It's on your Phone or on the Web at:  
[www.westernmassaa.org!](http://www.westernmassaa.org)



## NERAASA 2020

29<sup>th</sup> Annual

### NORTHEAST REGIONAL A.A. SERVICE ASSEMBLY

February 21-23, 2020 – Nashua, NH

All A.A. members are welcome!

**PURPOSE:**

The purpose of the Northeast Regional Alcoholics Anonymous Service Assembly (NERAASA) is for the GSRs, DCMs, Area Committee Members and Intergroup/Central Office Representatives of the Northeast Region to discuss General Service Conference related issues and concerns affecting A.A. as a whole, as well as pertinent aspects of recovery, unity and service common to the Areas of the Northeast Region.

**2020 General Service Conference Theme:**  
*2020: A Clear Vision for You*

Kickoff Meeting Thursday 8:00 pm

Onsite registration begins on Friday at 12:00 noon  
Orientation begins on Friday 3:00 pm  
Panel 1 begins on Friday 4:00 pm

- Accessibilities
- Area Chairpersons
- Archives
- Corrections
- CPC
- Delegates/Alternates
- DCMs/DCMCs/ Alternates
- Grapevine / La Vita
- GSRs / Alternates
- Intergroups / Central Offices
- Literature
- Newsletters
- Public Information
- Registrars
- Secretaries
- Treasurers
- Treatment
- Website
- Young People

ROUNDTABLES



**Hotel reservations must be made through the hotel.**

Mail: Radisson Nashua 11 Tara Blvd, Nashua, NH 03062 Reference NERAASA2020

Telephone: 603-886-9970 or 1-800-333-3333 Reference NERAASA2020

Online at [www.radisson.com/nashua/nh](http://www.radisson.com/nashua/nh) Code NERA20

**Room rates are \$119/night plus tax. Hotel reservation deadline is February 6, 2020**

**Pre-registration deadline. Must be postmarked by 2/4/20**



***YOUR GROUP HAS A VOICE! SO USE IT!***

**DOES YOUR GROUP HAVE AN INTERGROUP REP!**

**IF NOT WHY?**

**YOUR GROUP HAS A VOICE IN YOUR INTERGROUP OFFICE  
AND HAS A VOTE IN HOW WE WORK FOR YOU!**

**WE MEET THE 2ND THURSDAY OF THE MONTH @ 7:30PM  
AT THE INTERGROUP OFFICE / BOOKIE MEETING 7:00 PM**

***WE LOOK FORWARD TO SEEING YOU***

***WESTERN MASS INTERGROUP BOOK STORE***

**BOOKS ON CD**

**NEW! Big Book 1st 165 pages for \$25.00 (English and Spanish)**

**Big Book Full Version with All Stories for \$55**

**Step Book of AA Full Version \$25.00**

**Living Sober CD \$15.00**

**AA Comes of Age - CD \$15.00**

**Pioneers of AA Old Big Book Stories - \$18.00**

***Grapevine CD's DVD's \$12.00***

**Bill & 12 Traditions CD - Bills Story DVD - Bill & 12 Traditions DVD**

**Three Legacies CD - Co-Founders CD—Other Grapevine CD's**

**DVD Movies**

**My Name is Bill W - \$20.00**

**Bill W and Dr. Bob—Broadway Play - \$20.00**

To view more of our products please visit our on-line bookstore at:

[www.westernmassaa.org](http://www.westernmassaa.org) - online bookstore. We also ship anywhere in the world!

## Thought of the Month

### A Higher Power

We needed to ask ourselves but one short question.

"Do I now believe, or am I even willing to believe,  
that there is a Power greater than myself?"

As soon as a man can say that he does believe, or is willing to believe,  
we emphatically assure him that he is on his way. It has been repeatedly proven  
among us that upon this simple cornerstone a wonderfully  
effective spiritual structure can be built.

Alcoholics Anonymous, (We Agnostics) p. 47

## Big Book Quote

"At the moment we are trying to put our lives in order.  
But this is not an end in itself."

Alcoholics Anonymous, 4th Edition, Into Action, pg. 77

### Area 31 Service Committee



*The Service Manual Meeting*  
3rd Wednesday of the month  
@ 7:30pm

*The Concept Meeting is on the*  
1st Thursday of the month  
@ 7:30pm

Grace United Church 474 Pleasant  
Street, Holyoke MA (1st floor)  
[www.area31aa.org](http://www.area31aa.org)

**FOR MORE INFORMATION ON  
ALL AREA 31 COMMITTEE'S,  
EVENTS, AND MORE, VISIT  
[WWW.AREA31AA.ORG](http://WWW.AREA31AA.ORG)**

# Recovery Terms

E J H J E J H T L A E H L A T N E M G P N P K P  
 T E M O T I O N A L H E A L T H S K X Y Z H Z Z  
 H E X C D X X H R Z I E V I T R E S S A B K O J  
 U T S S Y E R L L Z U L S R D R D B U W D V R D  
 P L W P T E L A H T L A E H L A C I S Y H P M Q  
 R U I I A B K I L P W X T X P U M E O J Y J R D  
 O U E H N L J V Q O P R E V E N T I O N S C H M  
 S S N S G L E D W W P G W X D K U S M P M N K V  
 A E O N J O M R R N G I Q N J X E B M U X N V D  
 N L A O Y V X M A U U N B C E K A O T W S C L C  
 D F E I V E G J B R G K I Y J A B V L Z H I W S  
 C C Y T G D O S G L T S P H A P F X E G G C C B  
 O A R A P O O E A E S L E L T B E H A V I O R S  
 N R E L O N S A L Z O P L J L A K E B I D A X A  
 S E V E M E J R N S N J I E X C E R C I S E F D  
 C I O R D S U B E O D R Q R L O S R B O K W E D  
 A C C O U N T A B I L I T Y I R T W B T N C N I  
 T S E R I F K G T I A R X E B T E R O P I S U C  
 G N R C T Z Q W D R P I G V A S U A I U E J P T  
 I G N O I S S E R P E D D D U S X A B G T E G I  
 C J O B Q O J E B Q N B D B Y R O Y L L G N D O  
 T A S M O W N F I I L I A H G N N T R U H E X N  
 C Q Z V Q I M E A M C R D G K L A T F L E S R F  
 A D H O K G I P T T I B A Y G W G Z M L E D R S

- |                  |                |               |                |
|------------------|----------------|---------------|----------------|
| preventions      | accountability | spiritual     | drugs          |
| music            | exercise       | relationships | loved ones     |
| hurt             | pain           | bipolar       | addict         |
| emotional health | self care      | self talk     | deep breathing |
| triggers         | urges          | relapse       | behaviors      |
| physical health  | addiction      | abuse         | recovery       |
| mental health    | assertive      | depression    | Pros and cons  |

**Area 31 Service Committee News**

The Area 31 Service Committee meets 2nd **Wednesday of the month** at the Grace United Church (front entrance) 474 Pleasant Street, Holyoke. Please urge your Home-Group to elect a GSR and have a voice in Area 31 AA.

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Is your group looking to have the Grapevine or Archives boards at your next AA function for anniversary? Please let the Archives or Grapevine Committee know a month in advance. Grapevine & Archives email - a31chair@gmail.com.

**AREA COMMITTEE MEETINGS**

- ARCHIVES - 1st Tuesday, 7:30pm
- GRAPEVINE - 1st Tuesday, 7:30pm
- PUBLIC INFORMATION - 2nd Tuesday, 7:30pm
- CPC - 2nd Tuesday, 7:30pm
- WM Round-Up - 1st Weds following 2nd Tues,
- WESTERN MASS INTERGROUP - 2nd Thurs, 7:30pm,
- WMIG STEERING COMMITTEE - Last Thurs, 7pm ( please check with office to confirm)
- AREA 31 - 12 CONCEPTS OF AA - 1st Thurs, 7:30pm
- ACCESSIBILITIES COMMITTEE- 4th Weds - 7:00pm
- AREA 31 WEBSITE COMMITTEE - 4th Weds - 7:00pm

(All Meetings Above Meet at the Grace United Church  
474 Pleasant Street in Holyoke MA

- INSTITUTIONS - 1st Wednesday, 7pm, Providence Hospital, Holyoke
- BERKSHIRE INTERGROUP - 2nd Monday, 7pm, 152 North St. suite 30C, Pittsfield, MA
- WESTERN MASS YOUNG PEOPLES - 2nd Sat, 6pm, Serenity Club, 143 Main St., Springfield

**DISTRICT COMMITTEE MEETING**

- DISTRICT 1 - 3rd Thursday, 7:30pm, Sacred Heart Church  
35 Everett Street, Springfield
- DISTRICT 2 - 2nd Monday, 7pm, Grace United Church, 474 Pleasant St Holyoke
- DISTRICT 3 - 3rd Friday, 7pm, Old Court House, Lee Town Hall - Lee, MA
- DISTRICT 4 - 3rd Tuesday, 7:00 pm, Holy Father Parish, 29 Sugarloaf St. S. Deerfield
- DISTRICT 5 - 1st Monday, 7:30pm, Union Church of Christ, 52 Center St, Ludlow
- DISTRICT 6 - 3rd Monday, 7:00pm, Western Mass Hosp, 91 East Mountain Rd, Westfield

**AA Service Manual & Tradition Meetings**

**AREA 31 - AA SERVICE MANUAL MEETING - 1st Thurs, 7:30pm**

Join us in learning the rest of the 36 Spiritual Principles!

**AREA 31 TRADITIONS MEETING**

**3rd Wednesday, 7:30pm** both meetings held at the Grace United Church, 474 Pleasant in Holyoke (home of the WM Intergroup)

# THE RANDALL GROUP OF ALCOHOLICS ANONYMOUS

## 65th Year Group Anniversary

Starts at 1pm - Beg Mtg



### Sunday, February 23rd, 2020

### St. Andrew's Church

### 335 Longmeadow Street Longmeadow, MA



***Beginners***  
***1:00pm***  
***Speaker Mtg***  
***2:00pm***



***Bring a Friend!***

***& Raffle To Follow***



# THE SATURDAY 11th STEP GROUP MEDITATION MEETING

Saturday 5pm November to April

Grace Episcopal Church  
14 Boltwood Ave. Amherst, MA

Saturday 5pm May to October

New England Peace Pogoda  
100 Cave Hill Road, Leverette, MA



CREATED JANUARY 24TH, 2017

# NEW GROUP!

of Alcoholics Anonymous

## All Women's Living Sober Discussion Group



Christ Church Cathedral  
35 CHESTNUT STREET  
SPRINGFIELD, MA

**SUNDAY'S @ 1:00pm**

**OPEN  
WOMEN'S  
Discussion**

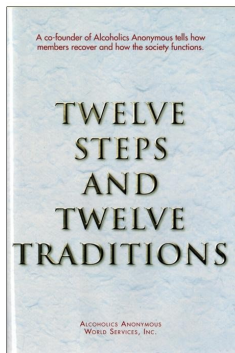


# NEW GROUP!

of Alcoholics Anonymous

## SOBER STEP SISTERS

Step Meeting



First Congregational Church  
7 Somers Road  
East Longmeadow, MA  
(2nd Floor Fireside Room)

If you have a Step Book  
Please bring it with you!

**Thursday's @ 6:00pm**

**Closed Women's AA Meeting**

# NEW GROUP!

of Alcoholics Anonymous

## THE VETERANS GROUP



**OPEN  
Speaker  
Discussion**

**Saturdays  
@ 7:00pm**

Massachusetts Military Support Center  
104 S. Ramah Circle, Agawam MA

Please note this meeting is designed  
for Veterans but no one will be turned away



STEPS TO SERENITY  
WOMEN'S GROUP  
*(closed meeting)*

12 YEAR ANNIVERSARY CELEBRATION!  
SATURDAY MARCH 7



PLEASE JOIN US  
9:30 - 10:00 am  
FOOD & FELLOWSHIP

10:00 - 11:00 am  
SPEAKER MEETING

ALANO CLUB  
36 KING ST.  
AGAWAM, MA



**Western Mass Intergroup**

474 Pleasant Street, Holyoke MA 01040  
Office Phone: 413-532-2111  
Website: www.westernmassaa.org  
E-mail: intergro4@aol.com  
Office Hours: Tuesday - Saturday 9am - 1pm  
Thursday until 5:30pm

**Intergroup Officers & Staff**

Mike R - Chairman            Joy F - Office Manager  
Marc C - Treasurer        Kevin L - Media / Web  
Kate G - Secretary        Renee D - Office Staff  
   Eddie K - Office Staff

If you have Questions or Comments you may reach us at the contact information above.  
Thank You for your support.

**Monthly Thought**

"We have seen the truth demonstrated again and again:

'Once an alcoholic, always an alcoholic.' Commencing to drink after a period of sobriety, we are in a short time as bad as ever."

Alcoholics Anonymous,  
4th Edition, More About Alcoholism, pg. 33

**WESTERN MASS INTERGROUP** is a body made up of representatives from all AA groups in the area (Area 31). It has met on a monthly basis since it was established in 1953. Each AA group elects, annually, one of its members (one year of sobriety recommended) to serve as its representative on this important committee, and, an alternate to regularly attend its meetings (one year of sobriety recommended). Its main responsibilities are to:

1. Coordinate AA activities among its various groups and to help weaker groups in anyway possible.
2. Maintain 24 hour AA telephone coverage
3. Publish regularly updated schedules of group meetings in the area
4. Provide a program which will promote regular visits between groups.
5. Provide an inventory of AA Literature for the convenience of local groups and committees in an office which also serves as a communication and information center
6. And, to act upon any suggestions be any group, through its representatives, that would be of potential benefit to our area groups.

**WESTERN MASS INTERGROUP MEETS ON THE 2nd THURSDAY AT 7:30 PM AT THE INTERGROUP OFFICE.**



**am responsible...**

**When anyone, anywhere,  
Reaches out for help,  
I want the hand of A. A. always  
to be there.  
And for that: I am responsible.**

**AA-related 'Acronym'**

**W I L L I N G**

**=**

**When I Live Life,  
I Need God.**