

GROW OR DIE

Date Formed: November, 2018

Prepared By: Beth C. , March 2021

GSO#: Pending

Founding Members: Jessica J., Jordan A., Dawn B., Lisette S., Beth K., Rachel D., Micheal D.

Original Location: Home of Jessica J. in Alta Sierra

Current Location: Zoom – meeting ID #891-7785-6588 (PW just4today)

Day of Week and Time of Meeting: Wednesday nights at 7pm

Open meeting . While this is a women’s meeting, we are open to any alcoholic looking for help to quit drinking

Format: 10 minute meditation followed by a Grapevine Book discussion

Grow or Die was started to fill a need to focus on the needs of the newcomer in District 20. When the meeting began, it was a discussion format, where newcomers could ask questions regarding spirituality, service in AA, the program, and anything else on their minds. There was also a 10 minute mediation that has carried into the official meeting format. Jessica was the District Grapevine Representative at the time and chose to use the Grapevine books as the literature that is studied. The group voted to start with the book “Our 12 Traditions” and read stories from each tradition.

Grow or Die does not open or close with a prayer of any kind – we open the meeting with a moment of silence and close the meeting with a moment of silence followed by the responsibility statement. As a group, we chose to do our best to take down some extra barriers for newcomers who may have issues with prayer when they first walk through the door. The group has also elected to read the 12 steps and 12 traditions at each meeting using gender-neutral language to further remove barriers and in order to align with the concept of each person’s Higher Power being of their own conception.

Jessica moved in February of 2019 and the group followed to her new residence off Rattlesnake Road. In September of 2019, the group had grown too large for her home and the Tall Pines Estate Clubhouse became available. ***Grow or Die*** had their first meeting there in October of 2019 and the group maintains a regular membership of 10-15 members. This meeting location is accessible to those with disabilities and also allows for a pet-friendly meeting. Within the first month, the group had elected a treasurer, a General Service Representative, a Grapevine Representative, and a secretary. The structure of the group was formed using the AA Group pamphlet. Regular business meetings are held on the first meeting of the month and the group’s GSR attends 4 conferences a year. ***Grow or Die*** also supports a yearly Grapevine subscription and the meeting has elected to donate Grapevine subscriptions to meeting members in need. The meeting recently opened a bank account and supports a 7th Tradition digital basket using Venmo. The group recently finished reading “Voices of Women in AA” and is currently reading out of “Emotional Sobriety: The Next Frontier”.

Grow or Die went virtual using the Zoom platform in April of 2020 due to the California Stay-At-Home order in response to COVID-19. As of March, 2021, the meeting is still held on Zoom, where it continues to carry the message to the alcoholic who still suffers.

Group members share that they enjoy the emotionally-intimate nature of the meeting providing a feeling of safety around sharing openly. Group members also report appreciating the “meeting after the meeting” that used to take place when the meeting was held in-person. This consisted of enjoying ice cream together at a nearby AA member’s home and continued for a time via Zoom.

Lastly, the meeting name: **Grow or Die**. When using the word GOD as an acronym, Jessica shared that the description “Grow Or Die” is one that has been deeply meaningful in her life and her recovery. At the time that she created the idea for the meeting, she was experiencing a huge hole in her life and she wanted to figure out what was missing. This meeting was a chance for her to grow. The creation of Grow or Die was the culmination of her experience as the District Grapevine Representative intertwined with her desire to continue to grow and connect more deeply with her Higher Power. This meeting has become a special gem in District 20 and a space that those who attend hold close to their hearts.