

RIDGE RUNNERS EXPRESS GROUP

Date Founded: September 1988

Prepared by: Kimi B.*

GSO #: 159909

Revised: May 2020

Founding Members: Kelly and Rosie

Original Location: One room schoolhouse at Hwy 49 and Sweetland Road

Current Location: North San Juan Community Center, Multi-purpose Room (directly behind the one-room schoolhouse where the group originated)

Day of Week and Time of Meetings: Mondays and Fridays, 7:30 pm; Wednesdays, 7:00 pm

**History derived from archived business meeting minutes and interviews from long-time members.*

The Ridge Runners Express Group began in the early part of September 1988. It was started by two women, Kelly and Rosie. At the third meeting on September 26, 1988, there were 8 members. At this meeting, Duane B. helped write the meeting format and was volunteered to contact the AA Central Office in New York to register the meeting.

In the beginning, meetings were held Monday nights from 7:30 to 9:00 pm. It was a speaker chair discussion averaging 8 regular members. In December 1988, a Wednesday night Step Study meeting was started. By January 1989, the group had grown to 15 members. In May 1989, the Wednesday Step Study was changed into a book study. Any AA book could be used at the Secretary's discretion. In November 1989, the Monday night format changed to a topic discussion.

1989 was a year of immense growth for the group. The meetings averaged 25 regular members. In July, the Potluck was started. This potluck continues today, being held on the Birthday meeting on the 2nd Monday of each month. In June, July and August, it's a BBQ Potluck. Toward the end of 1989, a large tight-knit group of members had been formed. The members were enjoying many social activities together, including holiday parties, bingo, and fishing trips. There was even a showing of the movie "The Bill W. Story." In 1990, the 3rd Wednesday night meeting was changed to a movie night. That lasted for less than a year and all Wednesday night activities were moved to Friday. In May 1990, the group loaned money to help start an Alanon meeting at the Methodist Church of North San Juan.

In 1992, the Ridge Runners held a group inventory to address various issues concerning the meeting: whether it would be an Open or Closed meeting; whether or not drugs could be discussed; whether an NA meeting was needed on the Ridge; and whether to eliminate the smoke break. It was decided that the group would be "Open and Inclusive" to allow people to share as

they needed. The members felt that many people were recovering from drugs because of the AA 12-Step Program and it wished to allow that to continue. The group conscience voted for the principle of “ACCEPTANCE OF EACH OTHER”, allowing that if anything was “recovery-related” (such as Alanon, NA, 12 step sweatlodges, etc.), it could be announced and discussed.

Toward the end of the 1990s, things changed: attendance dropped and social activities stopped. It became difficult to fill service positions. For many years, attendance averaged 3-5 members. In 2003, attendance started to increase, averaging 5–8 members. In January 2004, the group started reading the Promises at the end of the meetings. In 2010, the meeting time was changed from 1-1/2 hours to one hour. Around 2015, the group started a Wednesday night Women's Book Study Meeting, which meets at 7:00 pm each Wednesday for an hour.

Today, our group averages 10 – 15 members. We have a Birthday Potluck meeting on the 2nd Monday, a Step Study meeting on the 3rd Monday, and a Grapevine meeting on the 1st Friday. The remaining Monday and Friday meetings are topic discussion meetings. The Wednesday meeting is a Women's Book Study.

Our little group still upholds the original group conscience of “ACCEPTANCE OF EACH OTHER.”