

The Triangle Newsletter

Introducing some of the 2015 - 2016 Area 40 Rotation members!

Area 40 Archivist - Earl F.

I serve in a Non Rotating Position for Area 40. This is my second rotation and will be the third and fourth years in this position. The Archivist takes care of the Archives that belong to the members of Area 40. I collect, maintain and display parts of the collection at different activities throughout the Area. I have been sober for 25 years and have held several different service positions throughout my sobriety. I am looking forward to meeting everyone and if there is any way that I can be of service to your group, district or activity, please contact me and ask.

Delegate - Libbie - L.

Welcome to the Panel 65 General Service Rotation! I am Libbie L., alcoholic, and your Area 40 Delegate to the General Service Conference. I was honored to be Treasurer/Finance chair for Panel 63, prior to that I was DCM for District 91, then Area 40 CPC Chair. I am grateful to you all for allowing me to be a part of your sobriety. I'd also like to thank those who have gone before me. You have set the bar high and I am counting on your guidance.

My sobriety date is March 25, 2000. I live in Creston, MT with my husband and our black lab Gus. I work as a Dermatology Physician Assistant in Kalispell. We have 2 kids in college. I know that many of you have been subjected to their pictures in the last two years of finance reports, I'm sure I'll work in a few more.

I am powerless over PowerPoints, so you should anticipate seeing some in this rotation. My latest is a rundown on the service triangle. Let me know if you want a copy.

I'll conclude with a snippet of wisdom from the pamphlet **Inside AA, Understanding the Fellowship and It's Service Agencies:**

Service and the AA Member

Service is our Third Legacy. Recovery and Unity are the First and Second. Service to others and to the Fellowship reminds us that we owe our sobriety to the work of earlier members, and that our continued sobriety may depend on the hundreds of thousands who still need to learn of AA. Their participation may well be part of our future.

Be a part of our future with me on this great AA ride in 2015-2016!

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Treasurer-Mary M.

My sobriety date is January 10, 2000. My sponsor demonstrated the importance of getting in the middle of Alcoholics Anonymous. I served as GSR, Treasurer, Secretary, and phone card person of my home group. I stay active by attending our business meetings, chairing meetings, and I take meetings into our local jail where the women are just like me except they got caught. I have been a part of ad-hoc committees, Round Up committees, and women's retreat committees. I had the honor as serving District 91 in Corrections and Literature early on in my recovery. I became aware of how big Alcoholics Anonymous is in 2004 during my first Area Assembly. Since then, I have served as Area Secretary/Registrar and Literature Chair. I really enjoy guiding snowshoeing and cross country skiing for the Sober Ski Weekend that our group hosts every winter. I love the outdoors and my dogs!! My two adult children are my best friends. I love my life and am very grateful for my sobriety.

I look forward to serving as Area 40 Treasurer this rotation. Please send contributions to Area 40, PO Box 2046, Whitefish, MT 59937 after January 1st, 2015

Thank you, Mary M.

TRIANGLE EDITOR – TIM M.

I WAS ASKED TO STAND AFTER THE ELECTED TRIANGLE EDITOR DECIDED TO STEP DOWN AND AM I PLEASED TO BE OF SERVICE. I AM ORIGINALLY FROM ANACONDA MONTANA. AFTER GRADUATING FROM HIGH SCHOOL, I ATTENDED THE UNIVERSITY OF MONTANA IN MISSOULA RECEIVING A B.S. IN BUSINESS ADMINISTRATION. SINCE GRADUATION I HAVE BEEN WORKING AS A COMPUTER PROGRAMMER IN HELENA. I AM MARRIED WITH THREE DAUGHTERS AND TWO FEMALE MALTESE DOGS, (IT IS TRUE THAT YOU SHOULD BE CAREFUL WHAT YOU PRAY FOR SINCE I NOW HAVE AN ABUNDANCE OF WOMEN IN MY LIFE!). IN MY SPARE TIME I ENJOY RIDING MOTORBIKES, SWIMMING, CAMPING, HIKING AND GOING TO THE GYM. MY SOBRIETY DATE IS MAY 8TH, 1988. MY PAST SERVICE JOBS INCLUDE: GSR, DISTRICT 61 GRAPEVINE CHAIR AND TREASURER, ALTERNATE DCM, DCM AND AREA 40 PI CHAIR. I HAVE ALSO BEEN INVOLVED IN MULTIPLE ROUNDUPS AND ATTITUDE OF GRATITUDE COMMITTEES OVER THE YEARS. PLEASE CONTACT ME WITH YOUR THOUGHTS, CONTRIBUTIONS AND TOPICS THAT YOU WOULD LIKE TO SEE IN THE TRIANGLE, AT TRIANGLE@AA-MONTANA.ORG

THANKS IN ADVANCE, TIM

Treatment - Jessica E

I'm very excited and grateful to be able to serve as Treatment Chair this rotation. I sobered up in New York on August 23rd of 2006 and moved to Montana in 2010. I share a home in Belgrade, a small town outside of Bozeman. I currently attend M.S.U. as a PhD candidate in Organic Chemistry. I have been an active member of Alcoholics Anonymous and have had the opportunity to serve in different capacities, and on many different committees and events. Specifically to my current position I've served as District 72 Treatment Chair and Bridging the Gap Coordinator. I've also continuously served on Treatment, BTG and Corrections committees and have participated on panels in Hospitals and Institutions in New York as well as in Treatment and Corrections in Montana.

I get to experience rare moments where I get a small glimpse of God's plan. When I see the people I have been blessed to meet or things that have happened have all brought me to the present. I had that moment when Mary C, who passed her BTG information and experience from her district on to me after I was asked to serve as the BTG coordinator for District 72, came up and hugged me after Area elections.

It's a beautiful journey and I cannot imagine what is in store. Thank you for allowing me to serve.

Public Information—Luke S.

I'm very blessed to serve this rotation as the Public Information chair for Area 40. I'm originally from Fortine, Montana and graduated from LCHS, (Eureka). I attended college at The University of Montana where I stopped attending after 3 years to pursue my passion... drinking. I moved to the Flathead valley and started my beautiful career as a Concrete master. I worked for a great company for over 10 years. I enjoy spending time with my friends and family. I'm active in my home group and AA in the valley. I love sports and being in the outdoors. I enjoy doing art projects with my supporting girlfriend Amanda and daughter Olivia. I love to laugh as much as I can and try to help others! My sobriety date is February, 3rd 2007. I've said yes to a bunch of service positions that I regretted later and screwed up on about every one you can. My favorite is Area Assembly!

Thanks, Luke S.

2015 International Convention

Please note the following:

- Registration is still open and the International Convention is not "sold out."
- The Georgia World Congress Center (Convention Center) in Atlanta has ample space to welcome and accommodate more registered attendees than we have had in the past.
- We have ample seating in the Georgia Dome for everyone who has registered and for tens of thousands more registered attendees.
- There is plenty of housing available in Atlanta and outlying areas as our convention hotel block has been extended and will continue to expand to meet the needs of our attendees.
- We have added Dorms to our housing mix. Information can be accessed from our website.

We encourage everyone to keep going to www.aa.org for Convention information.

We hope you will plan to join us in Atlanta !

With appreciation for all your service, helping others,

Eva S., G.S.O. Staff
2015 IC Coordinator

Rebecca S. - District 61 - DCM

Hello everyone from the incoming District 61 DCM. Thank-you to Karla I. for leading us these past 2 years. Also, thank-you to my peeps in District 61 who elected me. I thought about this commitment quite a bit before deciding to throw my "hat in the ring". I look forward to going to meetings throughout our district.

My sobriety date is June 6, 1990. I got sober in Seattle, so my first conference of any kind was the International Convention in 1990! I love AA, not just for saving my life and your life, but for the incredible way we conduct our business. I enjoy the service structure very much. It wasn't always that way and I had to get deep with Tradition 2 before I could serve in an honest capacity. I have a sponsor and sponsor other women.

In my spare time (ha) I continue my alcoholic "more is always better" ways. I like endurance sports such as ultra distance trail running. My sober husband and I have been married almost 15 years, which we will celebrate in Atlanta with 50,000 of you. We have 3 cats and 1 dog who is my favorite running partner.

See you in Lewistown!

Rebecca S.

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Happy Birthday Bill W.

Last Month on December 11th marked 80 years since Bill W. had his last drink. Fifty Seven years ago this month in the AA Grapevine this article of Bills was published. I cant' think of a more fitting message to keep in mind as I begin the 2015-2016 rotation. Tim M. - Triangle editor

I THINK THAT MANY oldsters who have put our AA "booze cure" to severe but successful tests still find they often lack emotional sobriety. Perhaps they will be the spearhead for the next major development in AA--the development of much more real maturity and balance (which is to say, humility) in our relations with ourselves, with our fellows, and with God.

Those adolescent urges that so many of us have for top approval, perfect security, and perfect romance--urges quite appropriate to age seventeen--prove to be an impossible way of life when we are at age forty-seven or fifty-seven.

Since AA began, I've taken immense wallops in all these areas because of my failure to grow up, emotionally and spiritually. My God, how painful it is to keep demanding the impossible, and how very painful to discover finally, that all along we have had the cart before the horse! Then comes the final agony of seeing how awfully wrong we have been, but still finding ourselves unable to get off the emotional merry-go-round.

How to translate a right mental conviction into a right emotional result, and so into easy, happy and good living--well, that's not only the neurotic's problem, it's the problem of life itself for all of us who have got to the point of real willingness to hew to right principles in all our affairs.

Even then, as we hew away, peace and joy may still elude us. That's the place so many of us AA oldsters have come to. And it's a hell of a spot, literally. How shall our unconscious--from which so many of our fears, compulsions and phony aspirations still stream--be brought into line with what we actually believe, know and want! How to convince our dumb, raging and hidden "Mr. Hyde" becomes our main task.

I've recently come to believe that this can be achieved. I believe so because I begin to see many benighted ones--folks like you and me--commencing to get results. Last autumn [several years back--ed], depression, having no really rational cause at all, almost took me to the cleaners. I began to be scared that I was in for another long chronic spell. Considering the grief I've had with depressions, it wasn't a bright prospect.

I kept asking myself, "Why can't the Twelve Steps work to release depression?" By the hour, I stared at the St. Francis Prayer. . . "It's better to comfort than to be comforted." Here was the formula, all right. But why didn't it work?

Suddenly I realized what the matter was. My basic flaw had always been dependence--almost absolute dependence--on people or circumstances to supply me with prestige, security, and the like. Failing to get these things according to my perfectionist dreams and specifications, I had fought for them. And when defeat came, so did my depression.

There wasn't a chance of making the outgoing love of St. Francis a workable and joyous way of life until these fatal and almost absolute dependencies were cut away.

Because I had over the years undergone a little spiritual development, the *absolute* quality of these frightful dependencies had never before been so starkly revealed. Reinforced by what Grace I could secure in prayer, I found I had to exert every ounce of will and action to cut off these faulty emotional dependencies upon people, upon AA, indeed, upon any set of circumstances whatsoever.

Then only could I be free to love as Francis had. Emotional and instinctual satisfactions, I saw, were really the extra dividends of having love, offering love, and expressing, a love appropriate to each relation of life.

Plainly, I could not avail myself of God's love until I was able to offer it back to Him by loving others as He would have me. And I couldn't possibly do that so long as I was victimized by false dependencies.

For my dependency meant demand--a demand for the possession and control of the people and the conditions surrounding me. While those words "absolute dependency" may look like a gimmick, they were the ones that helped to trigger my release into my present degree of stability and quietness of mind, qualities which I am now trying to consolidate by offering love to others regardless of the return to me.

This seems to be the primary healing circuit: an outgoing love of God's creation and His people, by means of which we avail ourselves of His love for us. It is most clear that the real current can't flow until our paralyzing dependencies are broken, and broken at depth. Only then can we possibly have a glimmer of what adult love really is.

Spiritual calculus, you say? Not a bit of it. Watch any AA of six months working with a new Twelfth Step case. If the case says "To the devil with you" the Twelfth Stepper only smiles and turns to another case. He doesn't feel frustrated or rejected. If his next case responds, and in turn starts to give love and attention to other alcoholics, yet gives none back to him, the sponsor is happy about it anyway. He still doesn't feel rejected; instead he rejoices that his one-time prospect is sober and happy. And if his next following case turns out in later time to be his best friend (or romance) then the sponsor is most joyful. But he well knows that his happiness is a by-product--the--extra dividend of giving without any demand for a return.

The really stabilizing thing for him was having and offering love to that strange drunk on his doorstep. That was Francis at work, powerful and practical, minus dependency and minus demand.

In the first six months of my own sobriety, I worked hard with many alcoholics. Not a one responded. Yet this work kept me sober. It wasn't a question of those alcoholics giving me anything. My stability came out of trying to give, not out of demanding that I receive.

Thus I think it can work out with emotional sobriety. If we examine every disturbance we have, great or small, we will find at the root of it some unhealthy dependency and its consequent unhealthy demand. Let us, with God's help, continually surrender these hobbling demands. Then we can be set free to live and love; we may then be able to Twelfth Step ourselves and others into emotional sobriety.

Of course I haven't offered you a really new idea--only a gimmick that has started to unhook several of my own "hexes" at depth. Nowadays my brain no longer races compulsively in either elation, grandiosity or depression. I have been given a quiet place in bright sunshine. Bill W.

Vacancy Announcement for the G.S.O. General Manager Position

Please consider this and encourage other A.A. members who may be qualified to consider applying!



GENERAL SERVICE BOARD OF ALCOHOLICS ANONYMOUS, INC.
475 RIVERSIDE DRIVE, NEW YORK, NY 10115 (212) 870-3400
(Between 119th and 120th Streets)

Please direct all communications to:
GRAND CENTRAL STATION
P.O. BOX 459
NEW YORK, NY 10163
FAX# 212-870-3003

December 19, 2014

To: Current and Past Trustees, Current and Past Directors, Delegates
Current and Past G.S.O. and Grapevine Staff
Central Offices/Intergroups

Re: **General Manager, G.S.O. Position**

Dear Friends,

At the October 2014 meeting of the General Service Board, Phyllis Halliday announced her wish to retire by October, 2015, and requested that the Board begin the search for a successor.

Consequently, we are beginning the search process with the hope that the new General Manager will be brought on board prior to Phyllis's departure in order to ensure an effective transfer of responsibility.

Following are qualifications for the position:

1. Ten years minimum sobriety.
2. Demonstrated leadership ability in A.A. and in a business/professional career.
3. Proven general management experience, preferably as General Manager of a multifunctional organization; understanding of organizational issues, planning and controls, financial reporting, human resources practices, and information technology applications and trends.
4. A.A. service experience; knowledge of General Service structure and A.A. history.
5. Effective communication skills, both verbal and written; ability to report clearly and concisely on G.S.O. operations to the appropriate boards, the General Service Conference and the Fellowship at large.

www.aa.org

6. Demonstrated understanding of the unique nature of A.A., the structural limitations and balances of authority in A.A. services, and the ability to work with and resolve conflicting viewpoints.

Attached is a resume form which should be completed by the candidate and sent along with his/her business or professional resume to G.S.O., 475 Riverside Drive, Suite 3400, New York, NY 10015, marked for my attention. The deadline for the submission of resumes is April 15, 2015.

The Search Committee suggests that you look for possible applicants among current and past trustees and delegates, as well as other A.A. members with substantial area and service backgrounds. All applicants will be considered by the Search Committee of the General Service Board. Applications will be treated with the utmost confidence.

Thank you for your help.

Sincerely yours,



Terry Bedient
Search Committee Chair

TB/sdw
Enclosure: Resume Sheet

GENERAL MANAGER RESUME SHEET

NAME: _____
ADDRESS: _____

RESIDENCE PHONE: _____
BUSINESS PHONE: _____
CELL PHONE: _____
FAX: _____
E-MAIL ADDRESS: _____

DATE OF SOBRIETY: _____ EDUCATION: _____

A.A. BACKGROUND

CURRENT A.A. ACTIVITIES

CURRENT AND PAST ACTIVITIES OUTSIDE A.A.

OCCUPATIONAL BACKGROUND

SIGNATURE OF APPLICANT: _____
DATE: _____

PLEASE ATTACH BUSINESS OR PROFESSIONAL RESUME

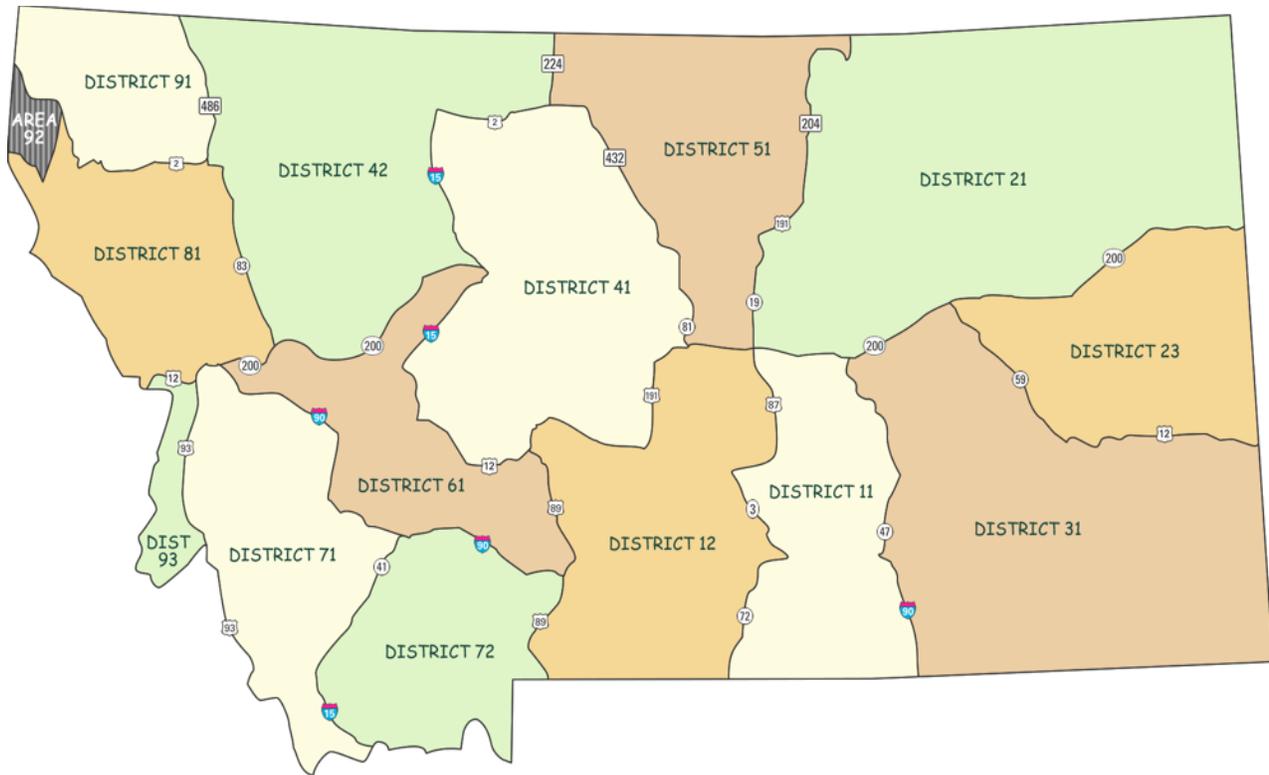
Rev. 2/08

AREA 40 OFFICERS, & COMMITTEE CHAIRS		
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Area Chair/Alt Delegate	Alex M.	chair@aa-montana.org
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Treasurer	Mary M.	treasurer@aa-montana.org
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CPC	Paul L.	cpc@aa-montana.org
Corrections	Jay T.	corrections@aa-montana.org
Grapevine	Chris W.	grapevine@aa- montana.org
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Archivist	Earl F.	archivist@aa-montana.org
Webmaster	Alex M.	chair@aa-montana.org



"I may be a little late, honey. Charlie's in town and wants me to have a New Year's Eve drink with him."

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- District 11—Billings, Hardin, Huntley, Lodgegrass, Roundup
- District 12—Absarokee, Big Timber, Columbus, Harlowton, Laurel, Red Lodge
- District 21—Culbertson, Glasgow, Plentywood, Poplar, Wolf Point
- District 23—Glendive, Fairview, Savage, Sidney
- District 31—Baker, Broadus, Colstrip, Forsyth, Jordan, Miles City, Terry
- District 41—Fort Benton, Fort Shaw, Great Falls, Lewistown
- District 42—Browning, Chester, Cut Bank, Choteau, Shelby, Valier
- District 51—Box Elder, Dodson, Fort Belnap, Havre, Malta
- District 61—Boulder, Elliston, Helena, Lincoln, Townsend, White Sulphur Springs
- District 71—Anaconda, Butte, Deer Lodge, Drummond, Jackson, Phillipsburg, Sheridan, Twin Bridges, Whitehall
- District 72—Big Sky, Belgrade, Bozeman, Emigrant, Ennis, Gallatin Gateway, Gardiner, Livingston, Manhattan, Pony, Three Forks, Virginia City, West Yellowstone, Wilsall
- District 81—Alberton, Arlee, Frenchtown, Hot Springs, Missoula, Seeley Lake, Plains, Polson, Ronan, St. Ignatius, St. Regis, Superior, Thompson Falls
- District 91—Big Fork, Columbia Falls, Eureka, Kalispell, Somers, Whitefish
- District 93—Corvallis, Darby, Florence, Hamilton, Lolo, Stevensville, Victor

DCM's	NAME	EMAIL
District 11	David O.	dcm11@aa-montana.org
District 12		dcm12@aa-montana.org
District 21		dcm21@aa-montana.org
District 23	Todd M.	dcm23@aa-montana.org
District 31	Kathie B.	dcm31@aa-montana.org
District 41		dcm41@aa-montana.org
District 42	Brynn C.	dcm42@aa-montana.org
District 51	Karen T.	dcm51@aa-montana.org
District 61	Rebecca S.	dcm61@aa-montana.org
District 71	Roxie B.	dcm71@aa-montana.org
District 72	Ted O.	dcm72@aa-montana.org
District 81	Brandi W.	dcm81@aa-montana.org
District 91	Jeanie S.	dcm91@aa-montana.org
District 93		dcm93@aa-montana.org

DCM's - Please be sure to update your information with Mary M. our Area secretary. Also please ask the Groups in your District to update their Group information for this new rotation. The form to do so can be found at aa-montana.org > Forms and Other Documents > Existing Group Information Update Form.



Calendar of Events

Assembly Dates 2015

February

1st-DEADLINE FOR AGENDA ITEMS ASSEMBLY

April

10-12th—SPRING AREA ASSEMBLY
Yogo Inn—Lewistown

September

18-20th—FALL AREA
Yogo Inn—Lewistown

Area Events

January

17th- MSP VOLUNTEER ORIENTATION, Montana State Prison - Anaconda
16th-18th- WOODSTOCK NORTH DAKOTA, Ramada Bismarck Hotel - Bismarck

February

14th - DISTRICT 12's MID-WINTER SOCIAL, Community Center, Joliet
16th-18th—INTO ACTION WEEKEND, Eastside Grange Hall - Creston
27th-March 1 - WEST CENTRAL REGIONAL CONFERENCE, Divots Conference Center - Norfolk, NE
27th-March 1 - Spring Mens Retreat, Lavina

March

20-21st—19TH POCKETS OF ENTHUSIASM, First Presbyterian Church - Helena

April

11th—12 STEP STUDY, Civic Center - Great Falls

May

15th-17th—SPRING ROUNDUP, Red Lion Colonial Inn - Helena

July

2nd-4th—THE BIG BOOK BREAKDOWN, Red Lion Inn - Kalispell

October

9th-10th-FALL ROUNDUP, Red Lion Hotel - Kalispell 9-10th-FALL ROUNDUP, Red Lion Hotel - Kalispell

For flyers and additional information see the calendar on Area 40 website aa-montana.org.

If you'd like your activity to be included in the Triangle (and on the Area 40 website) please email it to calendar@aa-montana.org

AREA 40 INC
PO BOX 6433
HELENA MT 59604

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Triangle Subscription Form

IF YOU WOULD LIKE A SUBSCRIPTION FOR YOURSELF, A FRIEND OR YOUR GROUP, PLEASE RETURN THIS FORM. THE COST OF THE TRIANGLE IS \$10 PER YEAR. MAKE CHECKS PAYABLE TO AREA 40.

SEND TO:

AREA 40 TRIANGLE
PO BOX 6433
HELENA MT 59604

GROUP NAME _____

GSR/CONTACT NAME _____

ADDRESS _____

CITY, STATE, ZIP _____

PHONE NUMBER _____

EMAIL ADDRESS _____

SUBSCRIPTION INFORMATION:

Groups are encouraged to be self-supporting for their Triangle subscription fee. "Expired" above the mailing address indicates that the subscription has expired. Groups will receive the Triangle regardless of subscription status because of Past Actions of the Area Assembly.

Individuals: If your subscription has expired, this will be your last issue of the Triangle.

WHERE TO MAIL

GROUP

CONTRIBUTIONS:

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*If sending to Area please address
check to Area 40 Inc*

GSO

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