



AREA 40 TRIANGLE

A Newsletter for A.A. in the State of Montana

Anonymity, Humility, and Rotation of Leadership

What does anonymity and humility have to do with Rotation of Leadership?

As my friend and fellow member, Pete, would say, “Dive in and get to it.” His statement embodies the principles of anonymity and humility. To “dive in and get to it” means we must set aside our personal desires for notoriety and our instinctive compulsions to compare and judge. We must set these aside to do what needs to be done. As it says in Tradition Twelve, “these experiences taught us that anonymity is real humility at work. It is an all-pervading spiritual quality which today keynotes A.A. life everywhere. Moved by the spirit of anonymity, we try to give up our natural desires for personal distinction as A.A. members both among fellow alcoholics and before the general public.”

As we step into our new service positions, whether those be at the Group, District, or Area levels, we can carry the principle of anonymity into our good works. We can set aside our desire to be the best and our ever intrusive doubt at being the worst. We can show up with humility and be honest, open-minded, and willing to do the work we’ve been elected to do. Our “diving in” requires us to ask for help, request the guidelines and suggested duties for our position, read and study our Traditions and Concepts, stay tuned into the group conscience, and, most definitely, have fun. Many an alcoholic, whether in the rooms or outside the rooms, is waiting for the hand of A.A. to reach out and help them cross the threshold from pain and death to freedom and life. Let’s all “dive in and get to it,” with anonymity and humility as our steadfast companions.

In love and service,

Catherine B.

Triangle Editor

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Excerpts from A.A. Literature, materials, and Grapevine are reprinted with permission of A.A. World Services and Grapevine, Inc.

The Triangle is anonymity protected. All A.A. members are identified by first name and last initial only.

“If I were asked which of our blessings I felt was most responsible for our growth as a fellowship and most vital to our continuity, I would say, the ‘Concept of Anonymity.’” Bill’s last message read by Lois, 1970 Annual New York Intergroup Dinner



PAUL L. - AREA 40 DELEGATE**Inside this Issue:**

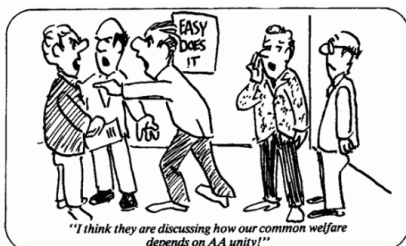
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Tradition One snip-it**Our common welfare should come first; personal recovery depends upon A.A. unity.**

“Pride and fear and anger—these are the prime enemies of our common welfare. True brotherhood, harmony, and love, fortified by clear insights and right practices, are the only answers. And the purpose of A.A.’s traditional principles is to bring these forces to the top and keep them there. Only then can our common welfare be served; only then can A.A.’s unity become permanent.” *A.A. Comes of Age*, p. 97

How does your group honor and protect A.A.’s unity? How do you?

AAGrapveine.org has the Traditions Checklist. Take it to your group. Engage with your sponsor. Challenge a sponsee.



Howdy from the your Area 40 Delegate, Paul L. I want to welcome all of you who are new to general service and welcome back those of you have rotated on to other positions. It is time for a new adventure to begin.

My sobriety date is April Fool’s Day, 2004, a date God somehow found appropriate for me. My home group is the Whitefish Group in Whitefish, Montana. I am sponsored and I sponsor men. I have been involved in service from early on, helping with the meeting room, fetching water to make coffee, and opening and chairing meetings. I became involved in general service work because I wanted to give back to the organization that saved my life.

As I became more involved in general service, first as an Alternate GSR and then as a GSR, I discovered I needed some help in learning “how to play well with others.” I didn’t recall that being a problem in the past. We worked or played together, you did things my way, and no problem. Now I have discovered a new way of living as described by Bill W. My old way was not working and I needed help. Learning that others may be right, may have an idea better than mine, and don’t need me to control them or constantly tell them what to do was all new and fascinating aspects of behavior to me. Of course, I still don’t do things perfectly by a long shot. That is one of the reasons I keep coming back. I keep needing remedial training on some aspects of this type of behavior. Some of the most important things I have learned are to remain teachable and humble, to hang out with the winners, to listen more than talk, and to continue to be willing to do the action necessary.

As we move into our new positions, we are sometimes overwhelmed with the volume of information heaped upon us, the amount of work involved, and the vast amount of stuff we don’t know. One of the things I have discovered is that there are many resources available to us, whether through A.A. literature, pamphlets, or individuals that have served in the particular position before. In order to access this information, I need to take action. It might be finding the applicable piece of literature for what I am working on. Or I can pick up the phone, text, email, Skype, Marco Polo, FaceTime or use some other new type of communication app and callout to someone for help. I have never been disappointed with the advice I have received and never been judged for needing it.

Finally, I am reminded of the words of one of my sons. When I would tell him I was afraid of skiing too fast over certain terrain, and my mind was filling with “don’t fall, don’t fall,” he would remind me that if you are thinking about falling you are likely to fall. If you think “ski well, ski well,” your chances of succeeding greatly improve. As your new Delegate to the next General Service Conference in New York, I have been thinking “don’t screw this up, don’t screw this up.” But I am reminded that I need to be thinking “serve well, serve well.”

If you’re feeling a little overwhelmed or fearful in your new position, you might try the same. Your Higher Power will always do the rest.

CONNIE R. — AREA 40 CHAIR/ALTERNATE DELEGATE

Hi, I'm Connie R. and I am an alcoholic. I'm truly honored and humbled to be serving as your Area 40 Chair/Alternate Delegate. I live in Clancy, which is 15 miles south of Helena. The Area Chair is responsible for putting together the agenda, arranging hotel locations for our bi-annual meetings, facilitating the Area's bi-annual meeting and communicating with the districts – among other duties. That is a pretty broad sweep of what I will have the opportunity to do.

Catherine, our Area Triangle Editor, requested articles from each of the area committee and one of her questions was, "whether or not you have any big plans for your position." I chuckled because I do have a tendency of having big plans, but I have come to learn that in all that I do God needs to be invited in. That is what I did. In prayer and meditation, I asked my Higher Power for direction about what my plans should be as Area Chair. I kept being drawn back to pg.77 of the Big Book, which simply states "Our primary purpose is to fit ourselves to be of maximum service to God and the people about us." That statement really identifies what each of us are here to do as members of the Area Committee.

The Area has some items that need to be addressed that will help us to "better serve" the still suffering alcoholic. We have an Ad hoc committee that is working on finding answers to our answering service dilemma. We also have an Ad hoc committee trying to solve the issue of our Area Assembly location to help with accessibility for individuals and districts alike. Being of "service" means putting aside my personal agenda and being open to what the best solution is to help the still suffering alcoholic.

The second traditions states, "For our group purpose there is but one ultimate authority – a loving God as He may express himself in our group conscience. Our leaders are but trusted servants; they do not govern." I am excited to see how the group conscious will present itself this rotation.

BRYNN C. — AREA 40 SECRETARY AND REGISTRAR

After over a decade of service from my group to district level, I am happy to be serving as your Area 40 Secretary and Registrar for this upcoming rotation. One thing I have always appreciated about service is it often teaches me things that I am lacking as an individual. For example, serving as secretary in a variety of capacities has taught me how to be more organized, practice deep listening, and let go of control.

The primary functions of the Area Secretary are to maintain and update group records for all of the meetings throughout our Area. I serve as the conduit of this information between Area 40 and the General Service Office in New York City, including inputting information into the GSO database.

Finally, I am in charge of keeping minutes for Area business meetings and conference calls, and performing a variety of tasks at our bi-annual Area 40 Assembly, such as signage, vote tallies, timing, seating arrangements, etc. As you can tell, I will get a lot of practice with organization.

During this rotation my main goal (and I'm sure I'll have many more as I become more familiar with the position) is to make our Area's transition to GSO's new (and I've heard greatly improved) database as smooth as possible.

I look forward to working with all of the other trusted servants on our dynamic new Area 40 panel and becoming more familiar with the diverse array of meetings in our region.



Pay for Your Newsletter Online!

Groups are encouraged to be self-supporting for their Triangle subscriptions. You can pay online at aa-montana.org or you can mail in your subscription to Area 40 Triangle, P.O. Box 852, Milltown, MT 59851.

Concept One Bite

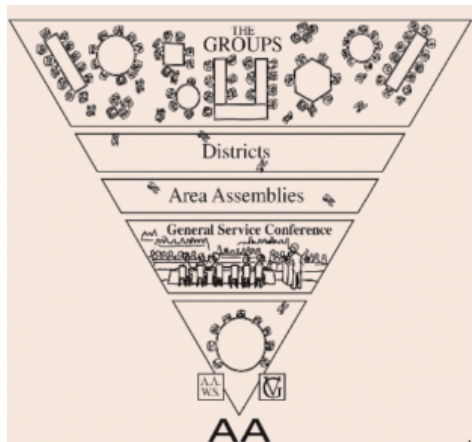
The final responsibility and the ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.

“Therefore we believe that we see in our Fellowship a spiritualized society characterized by enough enlightenment, enough responsibility and enough love of man and of God to insure that our democracy of world service will work under all conditions. We are confident that we can rely upon Tradition Two, our group conscience and its trusted servants. Hence it is with a sense of great security that we old-timers have now fully vested in A.A.’s General Service Conference the authority for giving shape—through the labors of its chosen Delegates, Trustees, and service workers—to the destiny that we trust God in His wisdom is holding in store for all of us.” *The A.A. Service Manual*, p. 6

Does your group hold regular group conscience meetings?

Does your group participate in A.A. as a whole? Do you?

Check out aa.org to get the Concept Checklist. Bring it to your District or Group. Have a Concept Event. Learn more about the Concepts and how they fit in your recovery—your life.



SHAWN N. - AREA 40 GRAPEVINE CHAIR

Hi you all! My name is Shawn N. I am your brand spanking new Area 40 Grapevine chair. I will be your trusted servant for the next two years. My sobriety date is May 24, 2010.

I was, for the last two years, the District 61 Alternate DCM. I am from Helena MT. I have lived here for a long time. Graduated high school here in 1984. My service in AA has been an extremely important part in my sobriety. For me, the accountability, responsibility and the gratitude I have been blessed with are immeasurable! The primary purpose of AA is to help other alcoholics achieve sobriety.

Sobriety is not given away. Sobriety is achieved through hard work. Knowledge, for me, is a part of that work. The Grapevine is a magazine packed full of knowledge, wisdom, and hope. The Grapevine is a phantom to a lot of people who are still suffering. My hope is to make the Grapevine become common place in the journey that we in AA, and most of all, the still struggling alcoholic, are still on.

AA, for me, has been my University of Sobriety. My required text books have been the Big Book, the 12 x12 and, when I really needed it, the Grapevine. To receive the Grapevine, we must subscribe to it. Sometimes it is available for free in certain places, which is a good thing! However, to spread the info in the Grapevine to the still suffering alcoholic, we who are able, need to give ourselves the tools to spread the message. Subscribing to the Grapevine is cheap and an incredible way to present what sobriety is all about from an array of different viewpoints. Please subscribe.

If you have any input or questions, don't hesitate to contact me. Thank you for my sobriety!!!!

In Service, Shawn N.

SACRIFICE FOR A.A.'S ENTIRE FELLOWSHIP

“Just as sacrifice meant survival for the individual, so did sacrifice mean unity and survival for the group and for A.A.’s entire fellowship.

Viewed in this light, A.A.’s Twelve traditions are little else then a list of sacrifices which the experience of twenty years has taught us that we must make, individually and collectively, if A.A. itself is to stay alive and healthy.

In our Twelve Traditions we have set our faces against nearly every trend in the outside world. We have denied ourselves personal government, professionalism, and the right to say who our members shall be. We have abandoned do-goodism, reform, and paternalism. We refuse outside charitable money and have decided to pay our own way. We will cooperate with practically everybody, yet we decline to marry our society to anyone.

We abstain from public controversy and will not quarrel among ourselves about those things that so rip society asunder: religion, politics, and reform.

We have but one purpose, to carry the A.A. message to the sick alcoholic who wants it.” *Alcoholics Anonymous Comes of Age*, p. 288

KEEP FOOL EGOS FROM RUNNING HOG WILD

“I found those Twelve Traditions still on my mind. Each of them I saw is an exercise in humility that can guard us in everyday A.A. affairs and protect us from ourselves. If A.A. were really guided by the Twelve Traditions, we could not possibly be split apart by politics, religion, money, or by any old-timers who might take a notion to be big shots. With none of us throwing our weight around in public, nobody could possibly exploit A.A. for personal advantage, that is sure. For the first time I saw A.A.’s anonymity for *what it really is*. It isn’t just something to save us from alcoholic shame and stigma; its deeper purpose is actually to keep those fool egos of ours from running hog wild after money and public fame at A.A.’s expense. It really means personal and group sacrifice for the benefit of all A.A. Right then I resolved to learn our Twelve Traditions by heart, just as I had learned the Twelve Steps. If every A.A. did the same thing and really soaked up these principles we drunks could hang together forever.” *Alcoholics Anonymous Comes of Age*, p. 43

NEW ADDRESSES TO SEND CONTRIBUTIONS & TRIANGLE SUBSCRIPTIONS!

With a new rotation, there are new addresses for the Triangle and Area 40. Please let your Group and District Treasurers know.

Area 40, Inc.
P.O. Box 3826
Missoula, MT 59806

Area 40 Triangle
P.O. Box 852
Milltown, MT 59851

Area 40 Committee Assignments for 2019-2020

Archives: Area 40 Chair - Kacie N., District 61 DCM, District 23 DCM, District Rep. 93, and District Rep. 81.

CPC (Cooperation with the Professional Community): Area 40 Chair - Terry T., District 93 DCM, District 42 DCM, District Rep. 61, and District Rep. 41.

Corrections: Area 40 Chair - Jeremiah K., District 91 DCM, District 11 DCM, District Rep. 72, and District Rep. 23.

Finance: Area 40 Chair - Ashley J., District 71 DCM, District Rep. 21.

Grapevine: Area 40 Chair - Shawn N., District 72 DCM, District 31 DCM, District Rep. 51, and District Rep. 11.

Literature: Area 40 Chair - Grant M., District 81 DCM, District Rep. 31, District Rep. 42, and District Rep. 91.

PI (Public Information): Area 40 Chair - Sabrina C., District 12 DCM, District 41 DCM, District Rep. 71, and District Rep. 91.

Treatment: Area 40 Chair - Steve S., District 21 DCM, District 51 DCM, District Rep. 12.



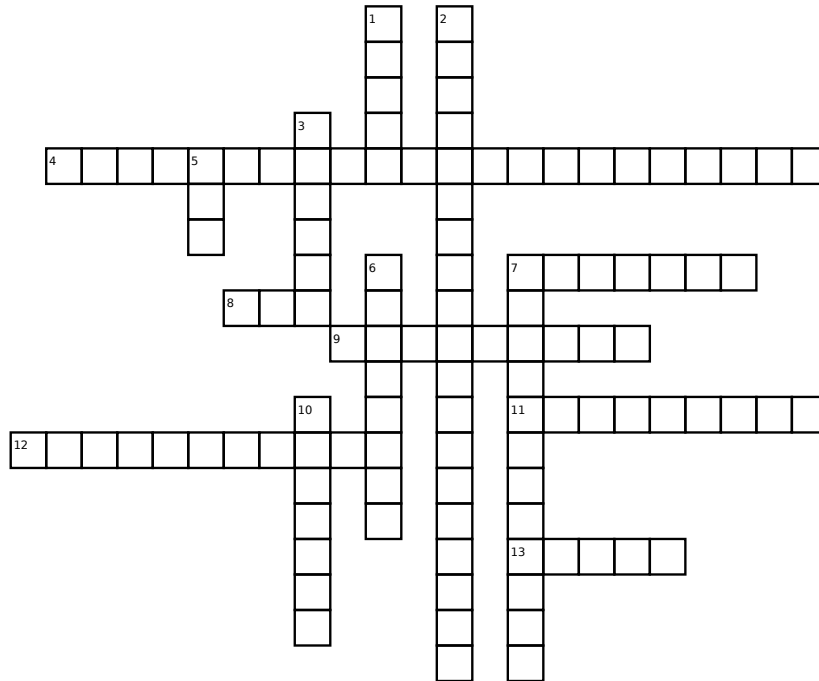
A CALL TO ACTION!



We need your experience, strength, and hope!

Please send us short articles—400 words or less—on Group Service. **Please submit no later than February 9th via email to triangle@aa-montana.org.** Was pouring coffee scary? Did you set up? Chair a meeting? How about your first elected group position? Are you an old-timer that’s done it all and are now circling back to group service? Inquiring minds want to know!!

AREA 40 TRIANGLE CROSSWORD



Down:

1. How many Trustees are nonalcoholic (Class A)?
2. This is made up of 21 Trustees
3. What's the "B" stand for in Class B Trustee?
5. District Committee Member
6. How many Trustees are A.A. members (Class B)?
7. Who reports back to the Area after attending the General Service Conference?
10. A member of A.A.'s General Service Board

Across:

4. Groups on top and Trustees on bottom
7. What's the "A" stand for in Class A Trustee?
8. General Service Representative
9. How many times does the General Service Board meet each year?
11. Groups are organized into...
12. The U.S./Canada conference is divided into how many areas?
13. The communication process starts with the...

Literature: A.A. Service Manual (2015-2016 Ed.) **Hint:** S1 - S21 — **Happy Hunting!!**

(There are two answers that are not in the Service Manual. You'll need to ask an Old Timer for help.)

Keep a look out for the next Area 40 Triangle for the answers!

UPCOMING EVENTS



Need a flier for your group?
Check out aa-montana.org

January 2019

January 26th ➡ G.S.R. Workshop, Fellowship Hall, Bozeman, MT

February 2019

February 1st ➡ **Spring Agenda Item Deadline** (submit to Area Chair)
February 1st ➡ **Spring Assembly Special Needs Deadline** (submit to Area Chair)
February 16th ➡ Primary Purpose Speaker, Pilgrim Church, Bozeman, MT

March 2019

March 1st - 3rd ➡ 32nd Annual Whitefish Sober Ski, Whitefish Mountain Resort, Whitefish, MT
March 1st - 3rd ➡ West Central Regional AA Service Conference, Moorehead, MN
March 15th - 16th ➡ Pockets of Enthusiasm, 1st Presbyterian Church, Helena, MT

April 2019

April 5th - 7th ➡ Spring Area Assembly, Holiday Inn, Great Falls, MT
April 27th - 28th ➡ Heart to Heart III, Chico Hot Springs, Chico, MT

May 2019

May 17th - 19th ➡ 2019 Spring Round-Up, Red Lion Hotel, Kalispell, MT

August 2019

August 23rd - 25th ➡ Havre Mini-Conference, Havre, MT

September 2019

September 6th - 7th ➡ Fellowship at the Falls, Great Falls, MT

**SPRING AGENDA ITEM
DEADLINE IS FEBRUARY 1ST**

Agenda Item Proposal forms can be found at aa-montana.org/committee under Forms and Other Documents. Background information on these items is encouraged, as well as support from your Group and District. These are local (Area 40) concerns and considerations for our Area 40 Committees. Please submit to our Area Chair.

**SPRING ASSEMBLY SPECIAL NEEDS
DEADLINE IS FEBRUARY 1ST**

Special Needs forms can be found at aa-montana.org/committee under Forms and Other Documents. Please submit to our Area Chair.

Need to contact your Area 40 Chairs?

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