



Interviews

October

2023



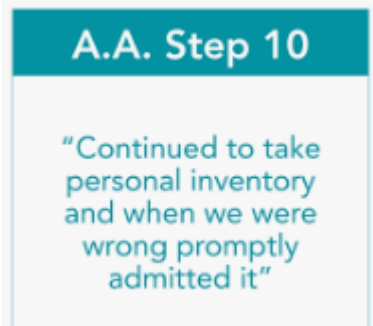
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A MEMBER SHARES...

Step Ten: Adopting a New Value System

I spent most of my adolescent years attempting to get the attention and the approval of the people around me, and it seldom worked out the way I planned it. The harder I tried, the worse it got. Why didn't they appreciate my wit and wisdom? The more I was rejected the more bizarre I behaved, and this began a misguided approach to my decision making. I had formulated my own concept of right and wrong and did things to be unique, but I never got the respect I was seeking. I seldom did anything that I could lay claim to for myself except for those misguided escapades. This was true before I ever drank a drop of alcohol, and even more so throughout my drinking days.



When I entered Alcoholics Anonymous (A.A.), I identified with just about everything I had read and heard, and I began to recognize where I went wrong in my youth. I realized that I had no direction in my life, no moral compass to speak of, and that the failure in my personal relations manifested itself in low self-esteem (self-loathing). I felt inferior, unworthy, disrespected, isolated, unappreciated, disliked, etc. etc. I was going to have to depend on something outside of myself to govern my judgment and my decision making.

...Cont'd on Page 4



“The Fox and the Leaves” – audreymillerart

GRAPEVINE LA VIÑA

Apps Now available!

Download the apps for free from the Apple Store for iPhone, or from Google Play for Android. To learn more visit www.aagrapevine.org/apps

STEERING

COMMITTEE

ELECTION TIME IS HERE!

**Calling all Intergroup Reps (IGRs), Alternate Intergroup Reps,
and Nominees for the Steering Committee:
Mark your calendars for Monday, October 9th at 7:00 PM!**

Voting will take place for the new Steering Committee 2022-2023.

Candidates must be present at a Zone meeting to be voted in.

All IGRs should attend, or have your Alternates attend in your place.

Each group gets one vote.

Questions? Email chairperson@aasepia.org or vicechairperson@aasepia.org, or call the SEPIA office at 215-923-7900 during business hours.

STEP TEN

Continued to take personal inventory and when we were wrong promptly admitted it

One of the biggest misconceptions in the rooms of A.A. is that when we do a Tenth Step (write it or speak it to another), it involves the “when we retire at night” inventory found on page 86 of the Big Book. That particular inventory is actually found in Step Eleven. Step Ten very clearly lays out our need to continue to look at ourselves throughout our day being aware when we find that, in the moment, we are being selfish and self-centered once again; when we are telling little (or not so little) white lies once again; when we are harboring resentments against our fellows once again; and when we find ourselves being fearful about our lives once again.



It has been said that one of the best descriptions of “What a sober day looks like” is found in the Tenth Step promises (Big Book, Page 84 - 4th Edition). Through our willingness to continue to look at ourselves throughout the day, we can use the text below to begin to embrace the basic foundations of what a sober day can look like for us.

—Breakdown provided by Takethe12.org.

Tenth Step Promises:

And we have ceased fighting anything or anyone—even alcohol. For by this time sanity will have returned. We will seldom be interested in liquor. If tempted, we recoil from it as from a hot flame. We react sanely and normally, and we will find that this has happened automatically. We will see that our new attitude toward liquor has been given us without any thought or effort on our part. It just comes! That is the miracle of it. We are not fighting it, neither are we avoiding temptation. We feel as though we have been placed in a position of neutrality—safe and protected. We have not even sworn off. Instead, the problem has been removed. It does not exist for us. We are neither cocky nor are we afraid. That is our experience. That is how we react so long as we keep in fit spiritual condition.





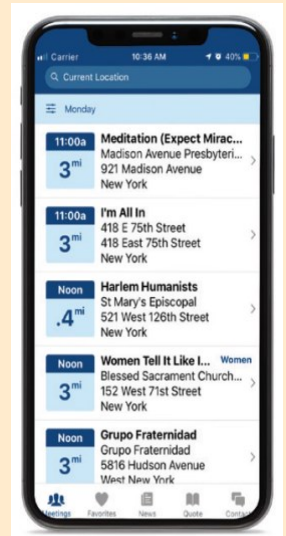
Meeting Guide App Update

As of August 2023 there were over 150,000 meetings listed on the Meeting Guide App, covering most of the United States and several foreign countries. Those meetings represent the input of 527 central offices, areas, and districts.

SEPIA was the first large intergroup to join the app and worked closely with the developer to optimize the code so that any A.A. entity could easily add their information, free of charge.

New participating entities are:

- Fort Smith Area Intergroup, Fort Smith AR
- Iowa District 10, Burlington, IA
- Cortland-Homer Intergroup, Cortland, NY
- Staten Island AA, Staten Island, NY
- Alcoholicos Anonimos, La Paz, Bolivia
- Area 86, District 9 Ontario, Canada
- Intergroup of English-Speaking AA in Mexico, Jalisco, MX



A tip for submitting meetings:

For submitting online meetings that use the Zoom platform, GSO and SEPIA recommend the following:

Avoid using the short URL "https://zoom.us/join" as it may cause difficulties for members joining meetings.

Instead, provide a one-click join link that embeds the meeting ID and encrypted passcode into the URL. This can be found on your meeting invitation.



A Brief History of the Meeting Guide App

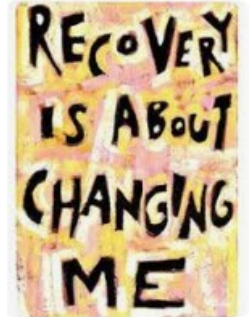
- 2013—Josh R., a web developer living in New York, moves to San Jose, CA, thinking the change will help him to drink less.
- The move doesn't help, but A.A. does. Josh gets sober with the help of the fellowship. While looking up meetings, Josh discovers that the local Intergroup's website does not work well on mobile phones.
- Using a spreadsheet of meeting listings, Josh develops a simple app for his personal use. The Intergroup Rep from his homegroup suggests he expand it and make it available to the whole county.
- Josh and the Santa Clara County Intergroup do so. Josh goes further and develops a "plug in"—a tool that all intergroup/central offices, areas, and districts across the country (and the world) can use to upload their meetings to the new app.
- November, 2015—The free app launched nationwide in with seven connected A.A. websites.
- 2018: The app takes off; Josh gifts it to A.A. World Services for free to help members everywhere connect with A.A.

A MEMBER SHARES...

...CONT'D FROM

One of the first default positions I would take to surrender to these new realities was to concede to the fact that, my brain does not process information properly, and that I was going to have to trust in something more reliable.

While reading a book on economics, the author stated that “a man who lives by principles has 99% of his decisions already made for him”. With that in mind, I began to establish a system of principles that are consistent with the A.A. program, and, I might add, with most of the other successful philosophies of life. I would read the St. Francis Prayer in the *Twelve Steps and Twelve Traditions* (“12&12”) daily. I attend a Step study meeting weekly to reinforce these principles. I try to make sure that I am not modifying these standards to evade the tougher actions.



One day, I was carping and complaining about another member of our group, to one of my mentors at that time, and he suggested that I try to place principles before personalities. I responded, yes, but I do not agree with his principles. He then said, it was not his principles that we are talking about, but that it was my principles. He then informed me that we cannot be selective about to whom and when we apply these values. I must treat everyone with respect, and that goes for the smallest, innocent child to the most errant rogue that I might encounter. I know that it seems like an impossible task, but I assure you that if you start with the child and work your way to the rogue, it will get easier, if you do not cave into your ego. One day at a time I practice these new-found principles over and over until they become common-place and these new principles and values have served me well.

--Rick R., Miami-Dade, FL. Originally published in *The Messenger*, October 2022



Part-Time Staff Assistant

SEPIA is seeking a technology-proficient A.A. member to join our dedicated office staff to help us carry the message in this tech-dependent world. We have an online store that imports data into Quickbooks, an online shipping system to track orders and mailings, an online meeting list and a website that require frequent updating, and a networked office. Must be comfortable “getting under the hood” of this stuff and helping us figure it out when it doesn’t work the way we need it to. They number of days and hours are flexible but we need you to come in weekdays during business hours. Contact Fran G. at 215-923-7900 or email manager@aasepia.org.



**Monday October 30th &
Tuesday October 31st**

The SEPIA office will be closed to literature sales for two days in order to conduct inventory on our books and pamphlets. Any orders placed during that time will ship out beginning Wednesday, November 1st.

The office will remain open to receive phone calls, greet walk-ins, and for pick-ups of orders that were previously placed.

Thank you for your patience during this vital process!

Tradition Ten (Long Form)

No A.A. group or member should ever, in such a way as to implicate A.A., express any opinion on outside controversial issues—particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous groups oppose no one. Concerning such matters they can express no views whatever.

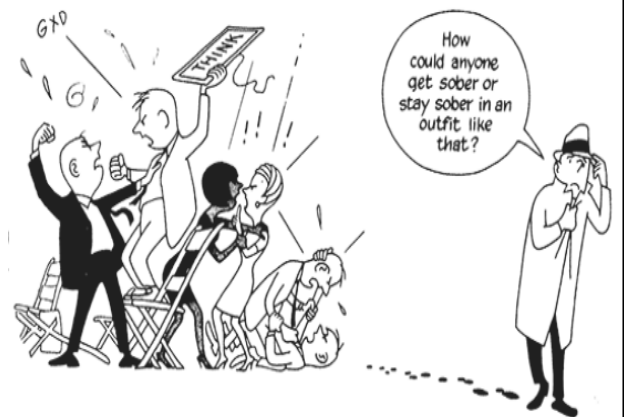
Key takeaway from this tradition: Outside issues can tear us apart

A.A. entities like groups and central offices have never become a crusaders or taken stands on important but outside issues, “particularly those of politics, alcohol reform, or sectarian religion”. We have prospered by having no opinion on outside matters and not being drawn into controversy. A.A. has avoided the outside political issues that have torn apart other organizations in the past, including the secular sobriety movement The Washingtonians.*

Bill Wilson differentiates the responsibilities of the A.A. member and the A.A. group in this tradition by saying on p. 177 of the Twelve and Twelve that the Tenth tradition does not “mean that the members of Alcoholics Anonymous, now restored as citizens of the world, are going to back away from their individual responsibilities to act as they see the right upon issues of our time. But when it comes to A.A. as a whole, that’s quite a different matter. In this respect, we do not enter into public controversy because we know that our society will perish if it does.”

—Breakdown provided by Takethe12.org

*The Washingtonians were a 19th-century temperance movement composed of “drunkards” (the word alcoholic had not been invented yet) who formed a fellowship to help each other stay sober. At first they enjoyed tremendous success and a membership of up to 600,000 people. But the movement collapsed when the Washingtonians lost their singleness of purpose and got involved with political and social causes, like prohibition and abolition, which tore them apart from within. The movement also took official stances on hot-button issues that caused public opinion, which initially was positive, to turn against them as well. They disappeared in a matter of years.



Concept Ten (Long Form)

Every service responsibility should be matched by an equal service authority - the scope of such authority to be always well defined whether by tradition, by resolution, by specific job description, by appropriate charters or by legal instruments

In other words: Clarity of roles, responsibility and authority is vital

The company you work (or worked) for likely believes this as well. No effective and successful business can run without it. A.A. has gone to great lengths to ensure there is final/ultimate authority and to define where it lies should any “course correction” ever be needed.

This Concept suggests that providing trusted servants with clearly defined jobs and the authority to do those jobs is equally important.

This is where the idea of the “group conscience” as ultimate authority and the “trusted servant” as delegated authority clearly cross paths and need each other to function.

—Breakdown provided by Takethe12.org



Intergroup meetings are being held online and/or in-person in October, depending on the county.

—Become an Intergroup Rep (IGR)!—

Contact your Zone Liaison or the SEPIA Office for info.

MONTHLY ZONE MEETINGS

WILL BE HELD MONDAY, OCTOBER 9 AT 7:00 PM

Bucks County Zone meets in person:

Good Shepherd Lutheran Church
877 Street Road (at Churchville Road)
Southampton 18966

Montgomery County Zone meets in person:

Sanctuary United Methodist Church
1346 East Prospect Ave
North Wales 19454

Chester County Zone meets online:

Zoom 892 2781 6366 password 266565

Philadelphia County Zone meets in person:

Philadelphia Kroc Center Salvation Army
4200 Wissahickon Ave
Philadelphia 19129

Delaware County Zone meets in person:

HMB Ukrainian Church
900 Fairview Road
Swarthmore 19081



You won't want to miss the
66th annual
Eastern Pennsylvania General Service
Convention & Assembly

Nov. 10–12, 2023

Wyndham Lancaster Resort & Convention Center
2300 Lincoln Highway East • Lancaster, PA 17602

The banner features a background image of a paved road winding through a forest with vibrant autumn foliage in shades of yellow, orange, and red. The text is overlaid on this image. The '66th' is in a large, white, outlined font, and 'annual' is in a smaller, white, solid font. The dates and location are presented in white boxes with black text.

COOPERATION WITH THE PROFESSIONAL COMMUNITY (CPC)

The CPC Committee recently took several medical, nursing, and/or psychology students from Drexel to A.A. meetings so that the students could learn what A.A. is, what it is not, and what it does, so that they can better help suffering alcoholics when they graduate.

As part of their class assignment, the students wrote essays about what they learned. Here is one that was shared with us.

A.A. Reflection

My first impression of attending an AA meeting was that I immediately understood why so many people enjoy the meetings and why the meetings so successfully aid in many people's sobriety journeys. The more meetings I attended, the more this impression amplified. The feeling of each meeting I attended, whether virtual or in-person, was one of unconditional support; where people could be extraordinarily vulnerable to others confronting similar struggles; and where one can maintain hope in the face of a devastating, all-encompassing disease.

Before coming to medical school, I had many years of experience working with people with opioid use disorder. As I am interested in pursuing addiction psychiatry, I hoped to learn more about another substance use disorder – alcohol use disorder – through this program. I learned about challenges specific to trying to achieve or maintain sobriety from alcohol; not only is alcohol legal, it is present in the vast majority of social situations. A certain level of intoxication from alcohol is normalized by society. It is therefore very difficult, if not impossible, to cut oneself off from any access to alcohol.

The biggest draw I saw to regularly attending AA meetings is the social support. I learned in these meetings that substance use disorders inevitably end up isolating the person as the disease escalates. In an AA meeting, when a person talks about the effects of alcohol in their life or what it's like to be a recovering alcoholic, it makes others feel less alone. When someone expresses their feelings and receives affirmation from others, the burden of pain is lessened, whether slightly or more significantly.

The other interesting and sometimes controversial aspect of AA is the "higher power." As an observant Jew, I was initially put off by the step of submitting to a "higher power" and the mandatory communal serenity prayer. However, the more meetings I attended, the more I understood this "higher power" is just a vehicle for spirituality that aids in many people's journey to sobriety. It is actually inclusive as a "higher power" is subjective according to a person's belief system. It's not for everyone, but if someone does find meaning and connection in spirituality, this can be a useful tool in pursuit of recovery. I feel very lucky to have experienced these meetings in that I believe it has helped me better understand my future patients afflicted with this disease. —A.

Want to help the CPC Committee with their mission of informing professionals and professionals-in-training about A.A.? The Committee works with lawyers, police, doctors, nurses, psychologists, psychiatrists, and more! Come to the next CPC meeting on Monday, October 2nd on Zoom: Meeting ID 869 6733 4672 Passcode SEPIA1903.

MEETING CHANGES

Visit our website for the most up-to-date information: <https://aasepia.org/news/event-flyers/>

NEW “Joe and Charlie” Format Meeting meets every Wednesday at 7:30 pm East Falls Presbyterian Church 3800 Vaux Street Philadelphia 19125. The recordings are broken up into 34 weeks. Please feel free to take notes, and bring your own Big Book.

NEW at the 4021 Club—Speaker Discussion Meeting starting Sunday, October 1 at 12:00 pm and every Sunday thereafter 4021 Walnut Street Philadelphia 19104.

EVENTS WITHIN THE FIVE-COUNTY AREA

Saturday October 7—YPAA Committees, District 58 (Spanish-Speaking Groups) & Area 59 presents SHARE-A-DAY: Welcoming Young People in A.A. Have fun and get involved! **3 pm to 6 pm** 307 Club 704 W Nields Street West Chester 19382. Contact Officer-at-Large@Area59aaorg for more info.

Thursday, October 12—DAY TO DAY 50TH ANNIVERSARY! Old-timers (OG’s) and Newcomers (Young Bucks) speakers. Holy Trinity Bethlehem Presbyterian Church 1100 W Rockland St Philadelphia 19141. Starts at **7 pm**.

Saturday October 28th—District 38 and 5th Chapter Group Present: Service Isn’t Scary! An educational opportunity to learn about the “inverted triangle” of A.A. and how you can be a part **10 am to 3 pm** St Titus R.C. Church 3006 Keenwood Road East Norriton 19403. Light breakfast & lunch, door prizes, & prizes for best costumed attendee.

Friday, November 3—SASSY SISTERS SEEKING SERENITY Presents “HOW IT WORKS THROUGH SPONSORSHIP”, an Open online meeting about sponsorship, geared toward women seeking sponsors and first-time sponsors. A panel of 3-4 women will be available to answer questions on sponsorship. **6:30 pm to 8 pm** Zoom Meeting ID 826 8622 7495 Passcode 012089.

Sunday, November 19—SUNSHINE GROUP’S 44TH ANNIVERSARY MEETING AND CELEBRATION St Luke’s Episcopal Church 5421 Germantown Ave Philadelphia 19144 **3 pm**.

SAVE THE DATE: THE NORTHEAST REGIONAL A.A. SERVICE ASSEMBLY (NERAASA) is coming to Area 59 in 2024! February 22-25, 2024 in Hershey, PA. Info at: <https://www.neraasa.org/>.

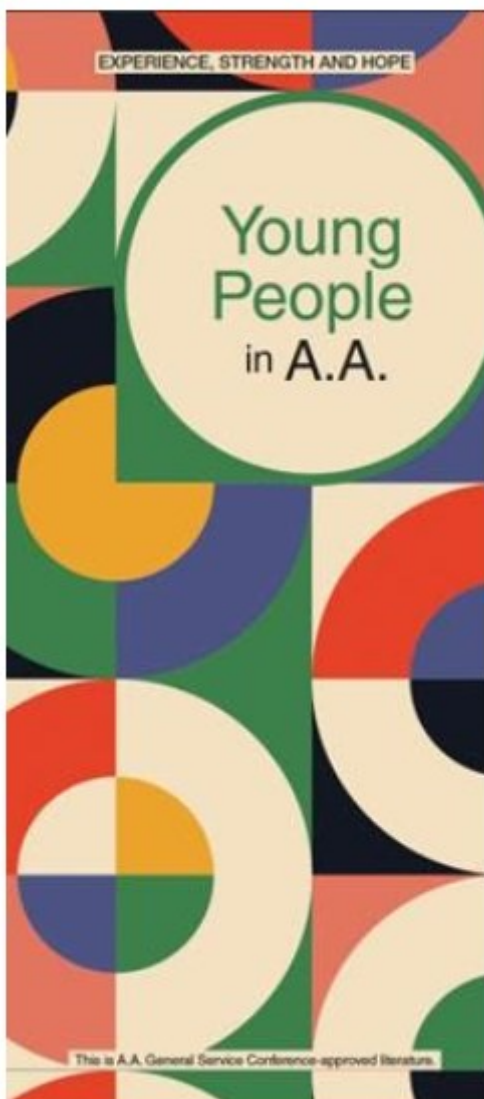
OUT OF AREA EVENTS

November 10-12: 66th ANNUAL EASTERN PENNSYLVANIA GENERAL SERVICE CONVENTION & ASSEMBLY (EPGSA) Wyndham Lancaster Resort & Convention Center 2300 Lincoln Highway East Lancaster 17602. Info at: <https://area59aa.org/>.

SAVE THE DATE: 2025 INTERNATIONAL CONVENTION: July 3-6, 2025 in Vancouver, BC, Canada. Vancouver will welcome 48,000 A.A. members from around the world! Info at: <https://www.aa.org/international-convention>.



October Literature Spotlight



New from GSO: A revised and redesigned version of “Young People in A.A.”. Coming soon in English, Spanish, and French. P-4 \$.40



New from AA Grapevine: *Prayer and Meditation* in Spanish: SGV44 \$13.99



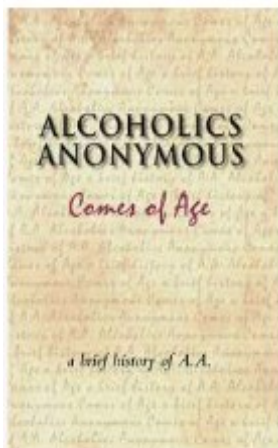
This revised item of General Service Conference-approved literature features new stories by seven young A.A. members, and we follow their experience, strength and hope as they share: *how it was, what happened, and what it is like now* on their sober journeys as members of our Fellowship.

With input and feedback from young A.A. members attending recent YPAAs, this beautifully redesigned pamphlet includes colorful illustrations crafted by one of our most beloved Grapevine illustrators and debuts with much enthusiasm from all who helped to contemporize its presentation of A.A.’s message of hope - and deliver it to the Fellowship.

AA GRAPEVINE
The International Journal of Alcoholics Anonymous

THIS MONTH IN A.A. HISTORY

*** OCTOBER ***



October 1, 1957—A. A. *Comes of Age: A Brief History of Alcoholics Anonymous* is published. In it, A.A. co-founder Bill W. tells the story of the growth of Alcoholics Anonymous from its make-or-break beginnings in New York and Akron in the early 1930s to its spread across the country and overseas in the years that followed. Bill also recounts the evolution of the Twelve Steps, the Twelve Traditions and the Twelve Concepts for World Service – those principles and practices that protect A.A.'s Three Legacies of Recovery, Unity and Service

October 2, 1944—The National Committee for Education on Alcoholism was formed by Marty M., one of the first women to get sober in A.A. It still exists today as the National Council on Alcoholism and Drug Dependence (NCADD), which provides “education, information, help and hope to the public”, according to their website, <https://ncadd.us/>.

October 3, 1945—AA *Grapevine* was adopted as the official national publication of A.A.

October 5, 1988—Lois W, Bill W.’s wife and a co-founder of Al-Anon, died at age 97 in Mount Kisco, NY.

October 10, 1988—Lois was buried next to Bill in Manchester, Vermont, near where he grew up.

October 9th-11th, 1969—The first World Service meeting was held in New York with delegates from 14 countries.

October 13, 1947—The Melbourne Group held its first meeting in Australia.

October 20, 1928—Bill wrote a promise to Lois in the family Bible to quit drinking. By Thanksgiving he added a second promise.

October 22, 1963—Elvin Morton Jellinek, alcoholism researcher and educator, died at the age of 73. He coined the expression “the disease concept of alcoholism”, and his research significantly accelerated the movement towards the medicalization of alcohol habituation. His initial 1946 study was funded by Marty Mann (see above) and used the experiences of volunteers from A.A. to create the “Jellinek Curve”, to detail five stages of alcoholism. He was also the first person to identify the “placebo effect” in medicine.



E.M. Jellinek



October 24, 1942—The *L.A. Times* reports there are A.A. groups in 14 California cities.

Other event date in October:

1950: The *Reader’s Digest* publishes an article on A.A.: *Double-Barreled Hope for Alcoholics*.

What It Was Like: An A.A. meeting from 1970, Ann Arbor, MI

Show Us Your Meeting Room!



Send pictures of your meeting room (no people in the photos, please!) to: manager@aasepia.org. Your home group's room might be featured in a future issue!

Women Seeking Serenity
Alcoholics Anonymous
Calvary Lutheran Church

730 South New Street, West Chester, PA
Tuesdays at 7:00 PM

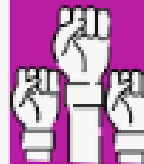


“When I focus on what’s good today, I have a good day. When I focus on what’s bad, I have a bad day. If I focus on the problem, the problem increases. If I focus on the answer, the answer increases. “

~Big Book of Alcoholics Anonymous

Alcoholism is to give up everything for one thing.

Sobriety is to give up one thing for everything.



SEPIA's Committee Meetings are open to all interested A.A. Members!

Get involved and make a difference!



Committee Meetings for the month of October 2023 are in-person and/or online depending on the group conscience of the committee.

<p>Archives</p> <p>Archives preserves documents, assembles group histories, tapes the stories of members with 20+ years, and makes presentations to groups about the history of A.A. in Philadelphia.</p>	<p>Tuesday – October 10 at 7 pm</p> <p>Saturday – October 21 at 9 am for Preservation Work</p>
<p>Cooperation With The Professional Community (CPC)</p> <p>Helps police, medical, and other professionals understand what A.A. is and how it can help their clients.</p>	<p>Monday – October 2 at 7 pm</p>
<p>Finance</p> <p>Makes recommendations to the Steering Committee and SEPIA office how best to spend Seventh Tradition donations.</p>	<p>Thursday – October 19 at 7 pm</p>
<p>Interphones and Helping Unite the Sick, Shut-in, Hospitalized and Homebound (HUSSHH) (Meets even months only)</p> <p>Interphones ensures that A.A. is always there by taking calls when the office is closed. HUSSHH takes meetings to those unable to attend them.</p>	<p>Wednesday – October 25 at 7 pm</p> <p>(Meets last Wednesday of even months at 7 pm)</p>
<p>Prisons and Temporary Contact</p> <p>Members take A.A. meetings behind the walls to inmates. Temporary Contact introduces new A.A.'s coming out of prison to our program and escorts them to meetings.</p>	<p>Thursday – October 5</p> <p>7 pm (note new time!)</p>
<p>Public Information (PI)</p> <p>Conveys information about A.A. to the general public through flyers, mailings, radio spots, health fairs, etc.</p>	<p>Wednesday – October 18</p> <p>7 pm</p>
<p>Special Events</p> <p>Plans the annual spring Round-Up, the Share-A-Day event, Breakfasts and more.</p>	<p>Sunday–October 29</p> <p>7 pm</p>
<p>Treatment Facilities (TF) and Bridging the Gap</p> <p>Treatment committee members establish and oversee A.A. meetings at detoxes and rehabs. Bridging the Gap connects members leaving facilities to meetings in their area.</p>	<p>Monday – December 18</p> <p>(meets in person every 3 months)</p> <p>7 pm</p>
<p>Unity</p> <p>Provides information about service opportunities outside the homegroup to groups when invited; plans summer picnic and fall workshop.</p>	<p>Tuesday – October 17</p> <p>7 pm</p>
<p>Web/Tech Ad Hoc Committee</p> <p>An offshoot of Public Information (PI), Web/Tech programs and manages the website, and provides tech advice and IT support for the SEPIA office.</p>	<p>Wednesday – October 4</p> <p>5:30 pm</p>

Your 2022-2023 Steering Committee Contact List

Chair—Rachel C: chair@aasepia.org

Vice-Chair—Jay F: vicechair@aasepia.org

Secretary—Sharon B: secretary@aasepia.org

Assistant Secretary—Jon R: asstsecretary@aasepia.org

Treasurer—Jim B: treasurer@aasepia.org

Assistant Treasurer—Stephanie W: assistanttreasurer@aasepia.org

CPC Director—Michelle M: cpcdirector@aasepia.org

CPC Assistant Director—Mike H: cpcasstdirector@aasepia.org

Interphones and H.U.S.S.H Director—Alfreda C: interphonesdirector@aasepia.org

Interphones Assistant Director—Paul H: interphonesasstdirector@aasepia.org

Prisons and Temporary Contact Director—John M: prisondirector@aasepia.org

Prison Assistant Director—Charlie K: prisonasstdirector@aasepia.org

Public Information Director—Steve S: publicinfodirector@aasepia.org

Public Information Assistant Director—Sam H: publicinfoasstdirector@aasepia.org

Treatment Facilities Director—Luke S: treatmentfacilitiesdirector@aasepia.org

Treatment Facilities Asst Director—Dave K: treatmentfacilitiesasstdirector@aasepia.org

Unity Director—Tiara T: unitydirector@aasepia.org

Unity Assistant Director—Mike Q: unityasstdirector@aasepia.org

Archives Director—Mark P: archivesdirector@aasepia.org

Archivist—Rich M: archivist@aasepia.org

SEPIA Staff

Office Manager—Fran G: manager@aasepia.org

Staff Assistant—Kevin B: kevinb@aasepia.org

Staff Assistant—Kris H: krish@aasepia.org

Staff Assistant—Candy S: candys@aasepia.org

Zone Coordinators

Bucks Zone Coordinator—Andrea S: bczcoordinator@aasepia.org

Chester Zone Coordinator—Kirsten E: cczcoordinator@aasepia.org

Delaware Zone Coordinator—Jim B: dczcoordinator@aasepia.org

Montgomery Zone Coordinator—Joe M: mczcoordinator@aasepia.org

Philadelphia Zone Coordinator—Spencer K: pczcoordinator@aasepia.org



October 2023



All A.A. members are encouraged to join a committee and help carry the A.A. message.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 CPC Committee 7 PM	3	4 Website Tech 5:30 pm Steering 7 PM (closed)	5 Temporary Contact & Prison Committee 6 PM	6 SEPIA Noon Meeting 12 PM	7
8	9 All Five County Zone Meetings 7 PM see below for locations	10 Archives Committee 7 PM	11	12	13 SEPIA Noon Meeting 12 PM	14
15	16 Treatment & Bridging The Gap Committees 7 PM	17 Unity Committee 7 PM	18 Public Information Committee 7 PM	19 Finance Committee 7 PM	20 SEPIA Noon Meeting 12 PM	21 Archives Preservation 9 AM
22	23	24	25 Interphone & HUSHH Committees 7 PM	26	27 SEPIA Noon Meeting 12 PM	28
29 Special Events Committee 7 PM	30	31				

Bucks County: Good Shepherd Lutheran Church, 877 Street Rd (& Churchville/Knowles), Southampton, PA 18966

Chester County: Online currently. - ID: 89227816366 - PW: 266565

Delaware County: HMB Ukranian Church 900 Fairview Rd, Swarthmore Pa 19081

Montgomery County: Sanctuary United Methodist Church , 1346 East Prospect Ave., North Wales8966

Philadelphia County: Phila Kroc Center Salvation Army—4200 Wissahickon Ave Philadelphia, PA 19129

SEPIA Online Committee and Zone Meetings - November 1, 2022 - October 31, 2023

Committee Name	Day	Date	Time	Meeting ID	Passcode	Link	Dial-In #
CPC COMMITTEE (Hybrid)	Monday	10-2-2023	7:00 PM	869 6733 4672 (Zoom)	SEPIA1903	https://us02web.zoom.us/j/86967334672?pwd=ZkwvOHYvZ3M3a2NoaHMrsSGNGK1duZz09	646-558-8656
WEB/TECH COMMITTEE (Hybrid)	Wednesday	10-4-2023	5:30 PM	215 1234 215	580960	https://us02web.zoom.us/j/84021793007?pwd=SGdERXBndTlzVkhpTitEVzRqVEVrdz09	646-558-8656
PRISON COMMITTEE (Hybrid)	Thursday	10-5-2023	7:00 PM	897 4545 6774 (Zoom)	SEPIA	https://us02web.zoom.us/j/89745456774?pwd=MEVuVzRiRiR1SmxLMIF3a2FLa3VuUT09	646-558-8656
BUCKS COUNTY ZONE	Monday	10-9-2023	7:00 PM	In Person		Good Shepherd Lutheran Church, 877 Street Rd (& Churchville/Knowles), Southampton 18966	
CHESTER COUNTY ZONE	Monday	10-9-2023	7:00 PM	892 2781 6366 (Zoom)	266565	https://us02web.zoom.us/j/89227816366?pwd=SzBhR0pZUJjVekIzT21HZDRKRkhnZz09	646-558-8656
DELAWARE COUNTY	Monday	10-9-2023	7:00 PM	In Person		Hmb Ukranian Church, 900 Fairview Rd, Swarthmore, 19081	
MONTGOMERY COUNTY	Monday	10-9-2023	7:00 PM	In Person		Sanctuary United Methodist Church, 1346 East Prospect Ave, North Wales 19454	
PHILADELPHIA ZONE	Monday	10-9-2023	7:00 PM	In Person		Philadelphia Kroc Center Salvation Army 4200 Wissahickon Ave Philadelphia 19129	
ARCHIVES COMMITTEE (Hybrid)	Tuesday	10-10-2023	7:00 PM	832 4414 8913 (Zoom)	SEPIA	https://us02web.zoom.us/j/83244148913?pwd=b2JqbmlzQ0dBOVJURjILMDNRYy9lQT09	646-558-8656
ARCHIVES COMMITTEE	Saturday	10-21-2023	9:00am	In Person		SEPIA Office 1903 South Broad Street 2nd Floor Philadelphia 19148	
INTERPHONES	Wednesday	10-27-2023	7:00 PM	822 1987 3872 (Zoom)	SEPIA	https://us02web.zoom.us/j/82219873872?pwd=UG5VR0lvMHJTRXAvUm50QXE4Q0tNQT09	646-558-8656
PUBLIC INFORMATION (PI)	Wednesday	10-18-2023	7:00 PM	882 5844 9206 (Zoom)	SEPIA	https://us02web.zoom.us/j/88258449206?pwd=cWlPd2ZSUllvWHcvbndyeXA4SFAwUT09	646-558-8656
TREATMENT FACILITIES (Hybrid)	Monday	10-16-2023	7:00 PM	881 4239 6509 (Zoom)	805478	https://us02web.zoom.us/j/88142396509?pwd=ZU00WmFMWnRjSWt5VXJUU3NBdExtZz09	646-558-8656
UNITY COMMITTEE	Tuesday	10-17-2023	7:00 PM	896 4619 2235 (Zoom)	SEPIA	https://us02web.zoom.us/j/89646192235?pwd=VTRHdXRnNjNKZmxHZXJPeTltaGZNUt09	646-558-8656
FINANCE	Thursday	10-19-2023	7:00 PM	842 4075 5543 (Zoom)	SEPIA	https://us02web.zoom.us/j/84240755543?pwd=ejJlZEFMTjllEjND6cHUxVmF1ci9DZz09	646-558-8656
SPECIAL EVENTS	Monday	10-29-2023	7:00 PM	834 2923 8954 (Zoom)	797795	https://us02web.zoom.us/j/83429238954?pwd=c2l2N05jbGFGMFPxQTl5TTdjU0FMUT09	646-558-8656

SEPIA Sept Contributions

Date	Name	Amount
08/29/2023	Franklintown	200.00
08/31/2023	Life or Death	50.00
08/31/2023	North Philadelphia	500.00
09/02/2023	Manayunk Big Book	175.00
09/04/2023	Solution Seekers	264.00
09/04/2023	Villanova As Bill Sees It	275.00
09/05/2023	Philly Artists In Recovery	700.00
09/05/2023	Philly Artists In Recovery	300.00
09/07/2023	10 at 11_30 Group	100.00
09/07/2023	Better Together Group	453.00
09/07/2023	Book Um	75.00
09/07/2023	Buckingham Tuesday Morning	150.00
09/07/2023	Bustleton Group	200.00
09/07/2023	Freedom in the Park	166.52
09/07/2023	It Works It Really Does-2	500.00
09/07/2023	Keep It Simple	50.00
09/07/2023	Light of Hope	300.00
09/07/2023	Media First Things First	975.00
09/07/2023	Morrell Park Womens	200.00
09/07/2023	Ottsville	100.00
09/07/2023	Overbrook Sunday	300.00
09/07/2023	Promises As Bill Sees It	250.00
09/07/2023	Riverside Group	200.00
09/07/2023	Saturday Morning Group	85.80
09/07/2023	Sunshine Group	90.00
09/07/2023	Top of the Hill	797.37
09/07/2023	Why Me	200.00
09/07/2023	Wyndmoor Men	500.00
09/08/2023	Frederick W	1.00
09/08/2023	Julia R	5.00
09/08/2023	New Life Group	50.00
09/08/2023	Robert H	29.00
09/08/2023	Scott B	10.00
09/09/2023	Irene C	10.00
09/09/2023	Jennifer R	20.00
09/09/2023	Night Owl	457.00
09/09/2023	Step 11 Meditation	86.00
09/10/2023	Arcadia Beginners	100.00
09/10/2023	Jennifer S	30.00
09/10/2023	Lansdale Big Book	150.00
09/11/2023	307 Big Book Study	520.00
09/11/2023	AA Sober First	227.00
09/11/2023	Young People 4021	15.00
09/13/2023	AA Kindergarten	143.00
09/13/2023	Flourtown 830	143.00
09/13/2023	Flourtown Six	143.00
09/13/2023	Flourtown Womens	143.00
09/13/2023	Good Morning Group	55.00

Date	Name	Amount
09/13/2023	Keep It Green	143.00
09/13/2023	Keep It Simple Pottstown	60.00
09/13/2023	Simple at Seven	142.00
09/13/2023	Weekenders-Flourtown	143.00
09/14/2023	Patrick L	10.00
09/16/2023	Patrick C	25.00
09/17/2023	Gerald S	10.00
09/17/2023	Unity Group	75.00
09/18/2023	Grace Women's Step	70.00
09/18/2023	Marion W	5.00
09/18/2023	Michael P	10.00
09/18/2023	Steps 3-7-11	67.20
09/20/2023	Experience Strength & Hope	20.00
09/21/2023	Jim M	20.00
09/22/2023	Black Horse Group	150.00
09/22/2023	Broomall Big Book Step	50.00
09/22/2023	Everhart Park Temp	200.00
09/22/2023	Langhorne Sunrisers	125.50
09/22/2023	Ludwigs Corner	500.00
09/22/2023	Mary Pat D	100.00
09/22/2023	Never Give Up	200.00
09/22/2023	Olney Lawndale	100.00
09/22/2023	Pottstown Group	100.00
09/23/2023	Good AA	100.00
09/23/2023	Regina Mc	3.00
09/24/2023	Julianne M	10.00
09/25/2023	David L	10.00
09/25/2023	Renaissance Group	621.00
09/25/2023	Rochelle D	10.00
09/25/2023	Rollin B	10.00

TOTAL 13,583.39

Continuing Service Commitments in AA Alcoholics Anonymous District 38 Workshop



**"SERVICE ISN'T
SCARY!"**

**Come and
join us!**

An educational opportunity to learn about the inverted triangle of AA and how you can be a part of those service commitments.

Light breakfast, lunch, coffee & drinks provided
DOOR PRIZES -
Literature & Grapevine Subscriptions

SATURDAY OCT 28TH 10:00AM - 3:00 PM

**ST. TITUS R.C. CHURCH 3006 KEENWOOD ROAD EAST NORRITON, PA 19403
(HOME GROUP - 5TH CHAPTER HOSTING)**

****PRIZES FOR BEST COSTUMED ATTENDEE****



***New Beginning's 45th
Anniversary!***

SATURDAY, NOVEMBER 18th

food, fun, and fellowship!

Doors @ 6pm

Speaker Meeting @ 7pm

FOOD @ 8pm!

10th & Carpenter
(1020 s. 10th street)

You won't want to miss the

66th annual

**Eastern Pennsylvania General Service
Convention & Assembly**

Nov. 10–12, 2023

Wyndham Lancaster Resort & Convention Center

2300 Lincoln Highway East • Lancaster, PA 17602

Who attends the Convention/Assembly?

- All Area Officers, DCMs, GSRs, and interested A.A. members.
- The Home Group should financially support its GSR in attending the Convention/Assembly.

What happens in the Convention/Assembly?

- In even-numbered years we have elections for the Delegate and Area Officers.
- In odd-numbered years we gather for an Assembly where the Area Officers and Area Committees report on their work to the Assembly.
- Each year we have workshops, discussion panels and meetings where the voices of the entire area are shared, offering each of us a wider and varied experience of what we could get ourselves to do with the work of the 12th step and about service.

What can I get out of this experience?

- A renewed sense of purpose and energy to carry A.A.'s message.
- A greater understanding of the issues involved and solutions to the problems we face when we are trying to carry the message to suffering alcoholics.
- A sense of being a part of Area 59 and A.A. as a whole; sharing in the ongoing efforts to protect our Fellowship and carry our message.

What do I do afterwards?

- GSRs should consider giving a report to their group.
- Members can and should share their experience at meetings and among friends.

Why is it important?

- This is the only time each year when we gather, speak and vote as an Area. The Delegate may take this opportunity to seek guidance from the Assembly on matters concerning the Area or the Conference.
- At these Area gatherings we have a rare opportunity to share our concerns and solutions to problems we face in carrying A.A.'s message with a diverse group who can inform us of their experience.



**Scan to
register
online**



Area **59**

**EASTERN PENNSYLVANIA
GENERAL SERVICE ASSEMBLY**

area59aa.org



Joe and Charlie Big Book Meeting

Meets every Wednesday at 7:30 pm

East Falls Presbyterian Church

3800 Vaux Street

The recordings are broken up into 34 weeks. It is suggested that you work through the 12 steps with your sponsor or a trusted member of Alcoholics Anonymous, please feel free to take notes and bring your own Big Book.





Volunteers are needed at EPGSA

We need your help to make this year's Eastern PA General Service Assembly a fun and rewarding time for all. Give us an hour of your time as a greeter, registration aid or hospitality helper. Be a vital part in our service assembly at the Lancaster Wyndham. Let us know if you are available Friday or Saturday, November 10 and 11 by contacting our Alternate Delegate at:

alt-delegate@area59aa.org



Interphones

Who answers the phones when the office is closed?

When folks reach out for help outside of the normal business hours of the Intergroup Office, the trained and informed volunteers of the **Interphones Committee** are available to answer the call. SEPIA's telephone system automatically transfers the calls to those who have signed up to be available at that time. There are always 5 volunteers on each shift. First phone to pick up answers the call. Your information will NOT show up on the caller ID. Your anonymity is assured!! One year of continuous sobriety is required. Here is a list of the shifts:

All seven (7) days are available from 5pm—9pm; 9 pm—Midnight; Midnight to 9 am; Two extra shifts on Saturdays and Sundays from 9 am –1 pm and 1 pm to 5 pm. Choose which day of the week works best for you!

There is one meeting for training and the committee meets on the **last Wednesday** of the **EVEN months** at 7:00 pm via zoom. If you can't attend this meeting, we can set up a separate training session for you on Zoom.

There are four ways that you can sign up:

1. PLEASE CALL THE OFFICE AT 215-923-7900 OR
2. FILL OUT THIS FORM AND MAIL IT TO: SEPIA, 1203 SOUTH BROAD ST, 2ND FLOOR, PHILADELPHIA, PA 19148 OR
3. CLICK ON THE QR CODE AND SUBMIT YOUR INFORMATION ELECTRONICALLY=====>>>> OR
4. Click this link:
<https://forms.gle/gDGLKYUM2it6BmoA6>



NAME _____ PHONE# _____

HOME GROUP _____

SOBRIETY DATE _____

EMAIL _____

SHIFT PREFERRED _____