



Interviews December 2023



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A MEMBER SHARES

“Having Had a Spiritual Awakening...”

The Twelfth Step in the program of Alcoholics Anonymous is truly magnificent. In one sentence and two phrases, it gives us not only guidance in stopping drinking, but a guide to living a more useful and peaceful life.

My parents did a good enough job trying to instill the good qualities and life skills to get me through life. But the one thing I missed was the fact it would take a power greater than myself to activate these qualities. That left to my own devices I would surely fail. And fail I did. At a very early age I began to try and use self-will and self-knowledge to run my life.

Somehow I missed the part about surrender and asking for help. It wasn't till I was beaten down enough that I began to see that I needed to go to somewhere else, to someone greater than myself for help. Once I surrendered to my higher power, everything came easier. Gradually my spiritual “experience”, not unlike Bill W’s “road to Damascus” miracle, began to take hold, and eventually morphed into a lifetime spiritual “awakening.”

Then came the second half of Step Twelve. Once I had the spiritual experience, I became a willing pilgrim, looking to improve all areas of my life. And that came through getting outside of myself and working with other alcoholics and addicts and beginning to incorporate a more selfless approach to life.



...Cont'd on Page 4

**IS YOUR MEETING
CLOSED ON CHRISTMAS
OR NEW YEAR'S DAY?
LET US KNOW FOR THE
WEBSITE!**



STEP TWELVE

Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.



**The One Thing I Need To Know About Step Twelve:
Go Give It Away**



This Step is divided into three very separate and distinct parts.

First, it assumes that as a result of taking Steps One through Eleven, we've actually had a spiritual awakening. Once we have taken the first Eleven Steps, it is widely believed that the alcoholic undergoes the kind of transformation needed to be able to actually be a different person. A spiritual awakening is nothing more than a psychic change that, among other things, eliminates our obsession to drink. It is that change that becomes the foundation to the second part of Step Twelve.

Second, going out and giving away what has been so freely given to us is the last and final written direction in our basic text. It's no mistake that giving away the message that one can become recovered (not "cured") from a seemingly hopeless state of mind and body is the ultimate paradox in our program of recovery. It's in the giving that we receive. Working with others has been the bedrock so many members of A.A. have found that will not only carry them through the hard times in their own recovery, but will strengthen and inspire their willingness to continue to "trudge" (one definition: *to walk with purpose*) our "Road to Happy Destiny".

As the Big Book says, "Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. You can help when no one else can." (page 89, "Working With Others").



**TRUDGE THE ROAD OF
*Happy Destiny***

This idea formed the basis of Bill's conversation with Dr. Silkworth shortly after his "white light" experience, described in *Bill's Story*. One of Bill's first thoughts (sitting on that bed) was that other people suffering from this illness could benefit from an understanding of what a personality change can look like for them too. It was this idea that eventually led Bill to Dr. Bob and what was to be a fifteen-minute first meeting turned into over five hours!

It is here that Part Three of Step Twelve starts. I get to practice these principles in all my affairs when I realize that my experience can help you and your experience can help me in ways that nothing else can. Practicing each of our spiritual principles is truly found in teaching another alcoholic how to take the Twelve Steps of A.A. (and teaching them how to teach others). This will not only provide us self-centered alcoholics with a sense of joy in giving, but will help us to continue to uncover the flaws in our own character that continue to cause our failure along our journey.—breakdown by takehetwelve.org.



Welcome Ryan M., New Staff Assistant at SEPIA!

Ryan M. joined the SEPIA office in November as a part-time Staff Assistant. Ryan has a background in Accounting and is proficient in Quickbooks, as well as other computer programs. His sobriety date is 9/5/2018 and his homegroup is the North Wales Group. If he answers the phone when you call or is here when you stop by, please give him a warm welcome!



A.A. Group Sound-Off!

Does your home group have news it wishes to share with the fellowship?

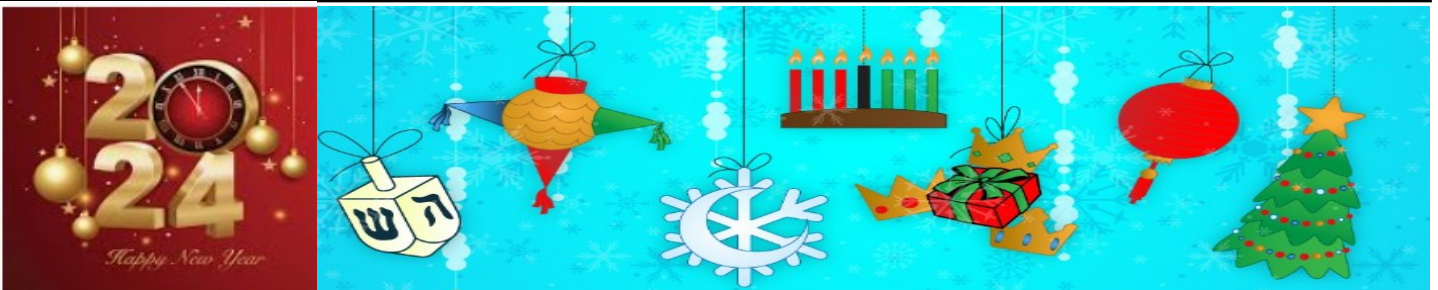
Are you going to be closed on a holiday?

Does your group have any events, milestones, or meeting format changes coming up?

Or do you just want to put in a plug for your home group to get some support?

If so, send us your group news and we will publish it in an upcoming issue of “Interviews”.

**Email manager@aasepia.org, or
kevinb@aasepia.org.**



We wish you all much joy and serenity in the upcoming holiday season! Celebrations outside the rooms of A.A. go hand-in-hand with the holidays. Of course, many of these celebrations include alcohol. As the Big Book reminds us, we need not avoid places where there is drinking, provided that we have a legitimate reason for being there and that we are on solid spiritual ground. (Chapter 7, pp. 101, 102). That still does not mean the thought of a drink might not arise. For some tips heard in the rooms of A.A. on how to navigate holiday events, take a moment to review the page *Twelve Tips on Keeping Your Holiday Season Sober and Joyous* in this newsletter. And remember, you're not alone. If you need to talk, give us a call anytime at 215-923-7900.

When the horrible floods that hit Nashville, Ohio, in 2010 came, relatives, friends, and neighbors dropped everything to help each other. People worked tirelessly. And, in turn, neighbors that never talked before became friends, and even people that disliked each other dropped everything to help one another. I have never seen our community friendlier and happier than during that period of time. The more you give, the more you receive.

The second half of the Twelfth Step means becoming more available to your fellow A.A.s, the hurting and needy people around you, your family, your co-workers, and your friends. In your A.A. program it means meeting and talking with alcoholics and recovering alcoholics when needed. It means going wherever and whenever someone reaches out for help.

It means helping your spouse, friend, co-worker, or anyone in your life, who reaches out for help; no matter how inconvenient or menial the task seems. It means doing the right thing, even when all instincts say deny, lie, or flee.



When I live only “in my head” and not looking “outside” myself, I am in trouble. I need to begin concentrating on what other people need rather than my own self-centered “needs.” Only then will I feel joy and serenity. Or, as they say, “the peace that passeth all understanding.”

In the midst of the tragic floods in Nashville, people began seeing the best in each other. More than ever, Nashville felt like a community.

Alcoholism is another tragedy that separates friends, relatives, families, and co-workers. But in working together altruistically for each other, in the other person’s behalf, we can find a healing “that passeth all understanding.” Only through surrender and selflessness can we navigate through our own addictions. And, only through surrender and selflessness can we find true happiness and serenity.—Walter Q., Cumberland Heights, OH



Grapevine Annual Wall Calendar.

Full of beautiful color photographs shot by AA members, accompanied by brief inspiring quotes selected from published Grapevine articles. The quotes aren't directly related to AA or alcoholism, so the calendar can be displayed anonymously. Trilingual (English/ Spanish/French)

The open Wall Calendar measures 8 3/8" by 16 3/4".

MS08 -\$10.50

Tradition Twelve (Long Form)

And finally, we of Alcoholics Anonymous believe that the principle of anonymity has an immense spiritual significance. It reminds us that we are to place principles before personalities; that we are actually to practice a genuine humility. This to the end that our great blessings may never spoil us; that we shall forever live in thankful contemplation of Him who presides over us all.

Principle of Tradition 12 – Principles before personalities

Principles First; People Second

Why are we repeatedly asked in the Traditions to give up ourselves for the greater good? The answer is because any relationship we have that does not involve sacrifice is a relationship that likely will not endure. Each tradition straightens out a disastrous attitude we had about relationships. The twelfth tradition teaches us that a spirit of sacrifice (often times through anonymity) is vital to good relationships.

Giving up the expectation of rewards for doing good is difficult for most of us. It's easy for us to give and then think, "Well, I'll get a reward, even if I don't get public recognition for what I did." To remove that reward symbol from the back of our minds for whatever good we do is part of practicing anonymity. The next time you hear a speaker in A.A. whose personality is exciting from the platform, see if you can hear the principles behind their words. To which Step, Tradition, or Concept can you relate their pitch? Setting ourselves aside and focusing on the principles of our program is a crucial component in the foundation we need for studying the Traditions and learning how to be in healthier relationships with our fellow A.A.'s and with those in the world around us.

Step-Tradition Parallel

The Twelfth step poses the question, "What is a spiritual awakening?" I believe that the evidences of a spiritual awakening are found in a person who practices the Twelfth Tradition in all their affairs. Such a person sacrifices self in order to practice principles. Their motive in practicing all of the Traditions is anonymity: they sacrifice to help others.—breakdown by takehetwelve.org

Concept Twelve (Long Form)

General Warranties of the Conference: in all its proceedings, the General Service Conference shall observe the spirit of the A.A. Tradition, taking great care that the Conference never becomes the seat of perilous wealth or power; that sufficient operating funds, plus an ample reserve, be its prudent financial principle; that none of the Conference Members shall ever be placed in a position of unqualified authority over any of the others; that all important decisions be reached by discussion, vote, and, whenever possible, by substantial unanimity; that no Conference action ever be personally punitive or an incitement to public controversy; that, though the Conference may act for the service of Alcoholics Anonymous, it shall never perform any acts of government; and that, like the Society of Alcoholics Anonymous which it serves, the Conference itself will always remain democratic in thought and action.

Principle of Concept 12 – SPIRITUALITY

One Thing You Need To Know –
This Concept simply reviews the six Warranties



Intergroup meetings are being held online and/or in-person in December, 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, DECEMBER 11 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

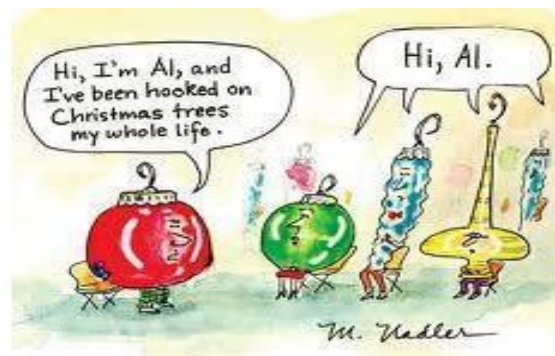


**SOBER NEW YEARS EVE
TIP #1**

HOST YOUR OWN PARTY



**Sober roll call!
Who's staying sober
this New Year's Eve?!**



**THE SEPIA OFFICE WILL BE CLOSED FOR THE HOLIDAYS ON:
MONDAY, DECEMBER 25TH (CHRISTMAS DAY)
MONDAY, JANUARY 1ST, 2024 (NEW YEAR'S DAY)**

How SEPIA Got Its Zones

Today, the region that SEPIA serves is divided into five Zones, each with their own service representatives, to help every group communicate with its Central Office, or SEPIA, as efficiently as possible. Each Zone corresponds with the county in which it is located: Bucks, Chester, Delaware, Montgomery, and Philadelphia. But this wasn't always the case. Before the mid 1990's, every Intergroup Rep had to travel to the monthly Intergroup meeting in Philadelphia to get information from SEPIA and to sign up for commitments. As a result, some groups felt disconnected from Intergroup, especially those located far away from the Philadelphia office. Here is the story about how the Zones got started, as told by a member who was involved in making it happen.

The problem SEPIA was facing (in the early 90's) was one of not being able to do business because we never could meet the Quorum requirements of our by-laws:

- Month 1. Cannot meet the Quorum of one-third
- Month 2. Commitment month (no vote held)
- Month 3. Cannot meet the Quorum
- Month 4. Commitment month
- Month 5. Can't meet Quorum of ten percent
- Month 6. Commitment month
- Month 7. Simple majority. It took four to six months to do business.

We were fiscally poor, "broke." I remember we ran out of Third Edition Big Books to sell. Group donations were way, way down. There was a feeling of discontent among many of the groups.

As a past Archives Director I was familiar with the previous attempt to form a Zone. My friend Wilmore investigated and asked the Reps to consider this process. It was being used in Washington state (Seattle) and in California (Los Angeles). The Reps voted it down even after hearing from a Zone which had operated for a year.

Several past Delegates of EPGSA along with several past Intergroup Presidents, met at an Advisory Meeting at the Intergroup office, which at the time was located at 1218 Chestnut Street in Philadelphia. The idea of setting up the Intergroup as districts was put forth. They suggested the same structure that the Intergroup gave Area 59 when they helped set up the Area in Eastern PA (EPGSA). But nothing was done about it.

In 1994 or '95, David St. P. was Intergroup President. He discussed seating Intergroup reps at the next Intergroup meeting, which was held at the FOP building, Lodge Five, by District. This is where God stepped in to show us the way. In all of Chester County, there were only three or four Intergroup Reps. I was sitting under the balloon that said "District 44." John P. of the Red Fox Group came to us and said he was sitting by himself, and asked if he could sit with us. The Intergroup Reps in 30 also found us. The sitting by District made the individual Reps sitting by Districts look and feel too small. The Area never started in such defined districts. I looked at early Area structure and it was much smaller—one to twelve if I remember correctly. We told the Intergroup Reps that we would organize Zones by the counties. We started with Chester County.

A couple of years later, John H., a past Intergroup President, showed me the Seventh Tradition contribution (to SEPIA) information. The Chester County Zone was now two to three years old and functioning.

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NEW MEETINGS & CHANGES

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

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

Conscious Contact Women’s Meeting Saturdays at 11:45 am ONLINE: Zoom Meeting ID: 835 8315 6319 PW: 576504

Voices of Women in A.A.: Sundays at 6 pm ONLINE Zoom Meeting ID: 814 2522 3102 PW: 375921

New Meeting! 4021 Club Sundays at 12 pm 4021 Walnut St. Philadelphia 19104. Speaker/Discussion.

Meeting Needs Support! Wissinoming PM Fridays @ 8 pm Wissinoming Presbyterian Church 5817 Torresdale Ave Philadelphia 19135. Entrance at Torresdale Ave and Powell St.

EVENTS WITHIN THE FIVE-COUNTY AREA

Saturday December 9—CONSCIOUS CONTACT SPEAKER GROUP/DOYLESTOWN PRESENTS: DECEMBER TO REMEMBER SPIRITUAL BANQUET CONFERENCE St Paul’s Lutheran Church 301 N Main St Doylestown 18901. All 12 Steps; 5 speakers from FL, NJ & PA. **9 am to 9:30 pm. Free!**

Saturday December 9—FESTIVUS FOR THE MESS-OF-US: POTLUCK WHITE ELEPHANT UGLY SWEATER EXTRAVAGANZA! Presented by CHESCO Bid Committee. Calvary Lutheran Church 730 S New St West Chester 19382. **5 pm.** Bring a wrapped gift worth \$10 or less to participate in White Elephant.

Friday December 22—EARLY MORNING GROUP’S ANNUAL GRATITUDE MEETING—First Presbyterian Church 35 West Cheltenham Ave Philadelphia 19144. **9 am to 11 am.**

Saturday December 29—8 O’CLOCK AT WAYNE’S ANNUAL CANDLELIGHT MEETING & POTLUCK St. Katharine’s Gym 104 S. Aberdeen Ave Wayne PA 19087 Meeting at **8 pm**, food and fellowship

OUT OF AREA EVENTS

THE 2024 TECH-SHARING SESSIONS (ONLINE): A monthly opportunity for A.A. trusted servants to discuss the technologies that are helping us to carry the message. Four 1.5-hour sessions include speakers plus 30 minutes of Q & A. ZOOM ID: 876 9307 6500 Passcode: 709533

- 1/30/24: Topic: 12-Step Meeting List WordPress Plugin & TSML UI
- 2/27/24: Topic: Google Workspace Administration
- 3/26/24: Topic TBD

4/30/24: Topic TBD

Topic Interest Survey: <https://tinyurl.com/tssu>

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

IAAMC MEN’S 35th INTERNATIONAL CONFERENCE—UNITY: A WE PROGRAM Friday-Sunday April 19-21, 2024 Double Tree Hilton South Charlotte Tyvola Charlotte NC 28217 Info: IAAMC2024.org.

SAVE THE DATE: 2025 INTERNATIONAL CONVENTION: Wednesday-Saturday 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>.

December Literature Spotlight



STORY SOLICITATION *Do You Think You're Different?* Pamphlet Update—Deadline for submissions: April 30, 2024



The trustees Literature Committee is seeking stories from A.A. members with diverse backgrounds. This is in response to the 2022 Conference Advisory Action that the trustees' Literature Committee revise the pamphlet "Do You Think You're Different?" to update the stories to represent greater diversity.

The Trustees' Literature Committee requested that consideration be given to stories from multicultural populations, stories from A.A. members whose experience reflects multiple factors, and from diverse populations not addressed in other current A.A. literature.

Please encourage members in your area to write their personal stories for possible inclusion in the revised pamphlet "Do You Think You're Different." Stories should reflect "in a general way what we used to be like, what happened, and what we are like now."

The suggested format for typed manuscripts is 500-800 words, double spaced, in 12-point font. Handwritten manuscripts should be approximately 5 to 6 pages.

Please include your complete name, address, and email/phone information on the first page of your manuscript. A copy of your manuscript should be retained for your files. The anonymity of all authors will be observed whether their story is selected for publication or not.

Please submit on or before April 30, 2024 via: Email: pamphletstories@aa.org Subject Line: *Do You Think You're Different?* Rev/09/8/2023

Postal Mail: Attn. Literature Assignment, General Service Office, Box 459, Grand Central Station, New York, NY 10163 On the envelope: The word "Pamphlet" should be written on the envelope and at the top of the first page of the manuscript.

Thank you for your participation in the process!



Holidays are always the hardest...

A Trip to G.S.O.

I had the pleasure of coordinating this trip after attending Founders Day [in Akron, OH] in June. I was looking forward to going back to GSO after several years hiatus due to COVID. Nine members from Delco and Philly made the trip.

The morning started rainy and overcast but soon changed to a sunny and dry day. Our travels started at Springfield Mall, then proceeded to Cedarbrook Mall outside Philadelphia. We traveled in a minivan along with a member's personal vehicle since the 15-passenger van we had ordered was not available; it had been involved in an accident, but we persevered. It was several members' first time visiting our office. I've been there many times but again it's the first time after several years due to COVID. We fellowshipped on our ride, and when the lower Manhattan skyline came in view and a sign said the George Washington Bridge was upcoming, the excitement and anticipation grew.

We pulled up to the office and accidentally exited on the wrong side of the building. The members were so excited to get their feet on the ground that quickly they walked around to the other side to check in. The weekly 11:00 AM Open meeting was held in the conference room on the ground floor. We were warmly welcomed by a GSO staff member. We also extended our hands and went around welcoming all those who came to the meeting from Canada, Kansas, and New Jersey, just to name some of the other locations around the world that were present.

We came together and held a meeting which our own Pat R. opened with the Preamble, and our own Robin L., who said she was nervous, shared her experience, strength, and hope. It was great to hear her share, but to see the joy on her face was priceless. After the meeting we went on the guided tour of G.S.O. We learned that the Big Book is written in 70 languages and there are 65 GSO's around the world. As a member of the Archives Committee, I was especially honored to go back into the Archives room to sit on the sofa and just relax with all the history around.

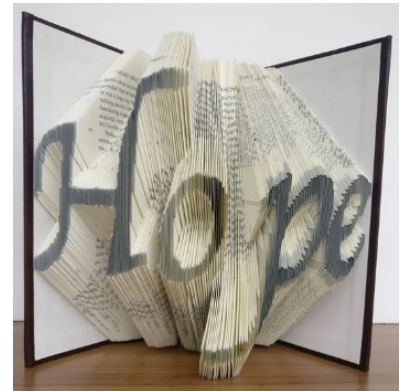
If you haven't taken the trip to GSO (your world headquarters) I suggest that you get there by bus, plane, train or automobile. It was amazing to learn the depth of this worldwide and life-saving, life-changing fellowship. I thank God for saving my life, A.A. for giving me my sober life, and all those who serve at our local office, in the County Zones, and in the meetings doing service.--Howard S, New Chester Group



My travel story: This was my first time traveling with a group of A.A. members. On the way there I rode with the women in one car. The fellowship was awesome. We laughed, shared our experiences, and sang a little. I had fun.

During the tour I came across some interesting things. In the archives was the Big Book with the pages folded into the shapes 5/10/35 [the date Bill W. met Doctor Bob]. That blew my mind—someone took the time and patience to be able to do that work of art.

On the way home there was more fellowshipping, but this time it was with a mixture of men and women that in itself was great. We talked about any and everything under the sun. I have to say I really enjoyed myself. Oh, did I forget to tell you that was my first time at the GSO building. This was the type of trip I had heard about, but didn't get to experience. I'm glad I went. Thanks Howard for getting us there and back home safe and sound. Love you much!!! --Robin L



THIS MONTH IN A.A. HISTORY

*** DECEMBER ***

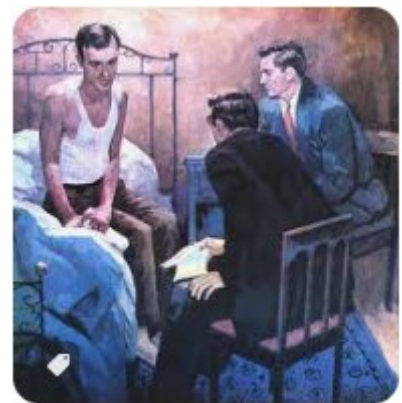
- ◆ **December 1938**--Bill W. wrote the Twelve Steps over the course of this month.
- ◆ **December 10, 1975**--Birds of a Feather, an A.A. group for pilots, was formed in the Pacific Northwest, saving countless lives and careers.
- ◆ **December 10, 1934**-- Bill W., who would go on to be a co-founder of A.A., was admitted to Towns Hospital in New York City to “dry out” for the fourth and last time.
- ◆ **December 12, 1934**--Bill W. had a spiritual experience at Towns Hospital. His doctor, Dr. Silkworth, (author of *The Doctor’s Opinion* in the Big Book) tells Bill he doesn’t understand what happened to him, but that he’d “better hang on to it”.
- ◆ **December 12, 1937**--Bill W., Dr. Bob, and a few early A.A. members appeal to the Rockefeller Foundation for money to help the fledgling fellowship survive. John D. Rockefeller loved the movement but declined to donate, saying that “money would spoil this thing.” Though greatly disappointed at the time, Bill W. would express his deep gratitude later for this nudge to make A.A. self-supporting.
- ◆ **December 20, 1945**--Rowland H., who carried the Oxford Group message to Ebby T., died. Rowland’s alcoholism had been pronounced “utterly hopeless” by none other than Dr. Carl Jung, unless he had a “vital spiritual experience”. He found one with the Oxford Group and passed the message on to Ebby, who passed it on to Bill W., thus setting the stage for A.A.’s formation.
- ◆ **December 1950**--The *Grapevine* publishes an article signed by both Bill W. and Dr Bob recommending establishing the A.A. General Service Conference.
- ◆ **December 1955**--*The Man on the Bed* painting by Robert M., a volunteer illustrator with the *Grapevine*, was published with the title *Came to Believe*. It was changed in 1973 when the book of the same name was published.
- ◆ **December 1982**--Nell Wing, A.A.’s first Archivist, retired from the General Service Office (G.S.O.) after 35 years of service. A non-alcoholic, she started with G.S.O as a receptionist and Bill W.’s secretary when she was 29 years old.



Dr. William Silkworth

Other events for which we have no exact date:

- ◆ **December 1934 to May 1935**--Bill W. worked with alcoholics—low-bottom drunks, all—trying to give away what he has found, but gets discouraged when he fails to sober up any of them. His wife Lois reminded him that HE is sober, so it was not all in vain.
- ◆ **December 1939**--The first A.A. group in a mental institution was formed in Rockland State Hospital, New York.
- ◆ **December 1939**--The Matt Talbot Club’s 88 members used wagons to collect old furniture to recondition and sell. They were not A.A., but used the A.A. program and material. This was the first effort reach alcoholics outside the married, middle-class category.



“I CHOSE SOBER BECAUSE
I WANTED A BETTER LIFE.
I STAY SOBER BECAUSE
I GOT ONE.”

The Chester Zone had gone from three or four groups contributing to twenty to thirty groups contributing, all of which now felt a part of their Intergroup. The active groups were able to handle all the Institution meetings in Chester County and were recruiting more. They had got a lot of the members cleared for the prisons and met all the commitments there. They had even started a Public Information committee.

Meanwhile, a graph of the contributions for Bucks, Delaware, and Montgomery Counties showed that there had been no increase in contributions during this time. They were flat lines. Philadelphia actually showed a decrease in contributions.

Then John H. showed me a graph of Chester County contributions, confirming a steady increase in contributions. He told me emphatically that I needed to do for the other counties what I did in Chester County. I told him it was "We", not "Me".

John H. said the situation was dire. SEPIA had no money, no prudent reserve, and ran out of Big Books on a regular basis. Literature was being taken and not paid for. They put it behind a wire mesh to stop theft. These were desperate times.—*Shakey Mike G.*

Will the Zone solution turn things around? Find out more in Part Two, coming up in a future edition of Interviews.



A Message to the Fellowship from Area 59's Eastern Pennsylvania General Service Assembly (EPGSA):

Thank you for everything you did to make our 66th Annual EPGSA Convention and Assembly weekend so successful! Hope you see you next year November 8 to 10 at the Wyndham Lancaster Resort.

—Pat F., Convention Committee Chair, and the EPGSA Convention Committee



The 66th Annual EPGSA Convention had:
705 Attendees
180 gallons of coffee consumed
\$1,800 in Seventh Tradition funds collected for G.S.O.

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

Get involved and make a difference!



Committee Meetings for the month of December 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 – December 12 at 7 pm</p> <p>Saturday – December 16 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 – December 4 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 – December 21 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 – December 27 at 7 pm (Meets last Wednesday of even months)</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 – December 7 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 – December 20 7 pm</p>
<p>Special Events</p> <p>Plans the annual spring Round-Up, the Share-A-Day event, Breakfasts and more.</p>	<p>Thursday – December 28 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 IN-PERSON THIS MONTH 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 – December 19 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 – December 6 5:30 pm</p>

Your 2023-2024 Steering Committee Contact List

Chair—Jay F: chair@aasepia.org

Vice-Chair—Tiara T: vicechair@aasepia.org

Secretary—Jon R: secretary@aasepia.org

Assistant Secretary—Michelle M: asstsecretary@aasepia.org

Treasurer—Stephanie W: treasurer@aasepia.org

Assistant Treasurer—Greg O: assttreasurer@aasepia.org

CPC Director—Mike H: cpcdirector@aasepia.org

CPC Assistant Director—Steve S: cpcasstdirector@aasepia.org

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

Interphones Assistant Director—Sharon B: interphonesasstdirector@aasepia.org

Prisons and Temporary Contact Director—Charlie K: prisondirector@aasepia.org

Prison Assistant Director—Lynn McG: prisonasstdirector@aasepia.org

Public Information Director—Sam H: publicinfodirector@aasepia.org

Public Information Assistant Director—Deborah D: publicinfoasstdirector@aasepia.org

Treatment Facilities Director—Dave K: treatmentfacilitiesdirector@aasepia.org

Treatment Facilities Asst Director—Jerry S: treatmentfacilitiesasstdirector@aasepia.org

Unity Director—Mike Q: unitydirector@aasepia.org

Unity Assistant Director—Luke S: unityasstdirector@aasepia.org

Archives Director—Rachel C: 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

Staff Assistant—Ryan M: ryanm@aasepia.org

Zone Coordinators

Bucks Zone Coordinator—Lindsay B: bczcoordinator@aasepia.org

Chester Zone Coordinator—Eileen: cczcoordinator@aasepia.org

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

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

Philadelphia Zone Coordinator—Maggie H: pczcoordinator@aasepia.org



December 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 SEPIA Noon Meeting 12 PM	2
3	4 CPC Committee 7 PM	5	6 Web Tech 5:30 PM Steering 7 PM (closed)	7 Temporary Contact & Prison Committees 6 PM	8 SEPIA Noon Meeting 12 PM	9
10	11 All Five County Zone Meetings 7 PM (see below for locations)	12 Archives Committee 7 PM	13	14	15 SEPIA Noon Meeting 12 PM	16 Archives Preservation 7 PM
17	18 Treatment & Bridging The Gap 7 PM	19 Unity Committee 7 PM	20 PI Committee 7 PM	21 Finance Committee 7 PM	22 SEPIA Noon Meeting 12 PM	23
24	25 Christmas	26	27 Interphones & HUSHH Committee 7 PM	28	29 SEPIA Noon Meeting 12 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 Wales 19454

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

SEPIA Online Committee and Zone Meetings - November 1, 2023 - October 31, 2024

Committee Name	Day	Date	Time	Meeting ID	Passcode	Link	Dial-In #
CPC COMMITTEE (Hybrid)	Monday	12-4-2023	7:00 PM	869 6733 4672 (Zoom)	SEPIA1903	https://us02web.zoom.us/j/86967334672?pwd=ZkwvOHYvZ3M3a2NoaHMrsGNGK1duZz09	646-558-8656
WEB/TECH COMMITTEE (Hybrid)	Wednesday	12-6-2023	5:30 PM	840-2179-3007	580960	https://us02web.zoom.us/j/84021793007?pwd=SGdERXBndTlzVkhpTitEVzRqVEVrdz09	646-558-8656
PRISON COMMITTEE (Hybrid)	Thursday	12-7-2023	7:00 PM	897 4545 6774 (Zoom)	SEPIA	https://us02web.zoom.us/j/89745456774?pwd=MEVuVzRiRiR1SmxLMIF3a2FLa3VuUT09	646-558-8656
BUCKS COUNTY ZONE	Monday	12-11-2023	7:00 PM	In Person		Good Shepherd Lutheran Church, 877 Street Rd (& Churchville/Knowles), Southampton 18966	
CHESTER COUNTY ZONE	Monday	12-11-2023	7:00 PM	892 2781 6366 (Zoom)	266565	https://us02web.zoom.us/j/89227816366?pwd=SzBhR0pZUjJVeKlZT21HZDRKRkhnZz09	646-558-8656
DELAWARE COUNTY	Monday	12-11-2023	7:00 PM	In Person		Hmb Ukranian Church, 900 Fairview Rd, Swarthmore, 19081	
MONTGOMERY COUNTY	Monday	12-11-2023	7:00 PM	In Person		Sanctuary United Methodist Church, 1346 East Prospect Ave, North Wales 19454	
PHILADELPHIA ZONE	Monday	12-11-2023	7:00 PM	In Person		Philadelphia Kroc Center Salvation Army 4200 Wissahickon Ave Philadelphia 19129	
ARCHIVES COMMITTEE	Tuesday	12-12-2023	7:00 PM	832 4414 8913 (Zoom)	SEPIA	https://us02web.zoom.us/j/83244148913?pwd=b2JqbmlzQ0dBOVJuRiJLMDNRYy9lQT09	646-558-8656
ARCHIVES COMMITTEE	Saturday	12-16-2023	9:00am	In Person		SEPIA Office 1903 South Broad Street 2nd Floor Philadelphia 19148	
INTERPHONES	Wednesday	12-27-2023	7:00 PM	822 1987 3872 (Zoom)	SEPIA	https://us02web.zoom.us/j/82219873872?pwd=UG5VR0lvMHJTRXAvUm5OQXE4Q0tNQT09	646-558-8656
PUBLIC INFORMATION (PI)	Wednesday	12-20-2023	7:00 PM	882 5844 9206 (Zoom)	SEPIA	https://us02web.zoom.us/j/88258449206?pwd=cWIPd2ZSUilvWHcvbndyeXA4SFAwUT09	646-558-8656
TREATMENT FACILITIES(Hybrid)	Monday	12-18-2023	7:00 PM	881 4239 6509	805478	https://us02web.zoom.us/j/88142396509?pwd=ZU00WmFMWnRjSWt5VXJUQ3NBdExtzd09	646-558-8656
UNITY COMMITTEE	Tuesday	12-19-2023	7:00 PM	896 4619 2235 (Zoom)	SEPIA	https://us02web.zoom.us/j/89646192235?pwd=VTRHdXRnNjNKZmxHZXJPeTltaGZNUt09	646-558-8656
FINANCE	Thursday	12-21-2023	7:00 PM	842 4075 5543 (Zoom)	SEPIA	https://us02web.zoom.us/j/84240755543?pwd=ejJlZEFMTjEENDR6cHUxVmF1ci9DZz09	646-558-8656
SPECIAL EVENTS**	Thursday**	12-29-2023	7:00 PM	834 2923 8954 (Zoom)	797795	https://us02web.zoom.us/j/83429238954?pwd=c2l2N05jbGFGMFPXQTl5TTdjU0FMUT09	646-558-8656

November Contributions

Date	Name	Balance
11/01/2023	10 at 11_30 Group	200.00
11/17/2023	8 O'clock at Wayne	250.00
11/01/2023	A New Freedom	445.17
11/13/2023	Acceptance Group	1,538.00
11/01/2023	Arcadia Beginners	25.00
11/29/2023	As Bill Sees It	100.00
11/28/2023	Black Horse Group	150.00
11/28/2023	Book Um	100.00
11/10/2023	Broad Highway	75.00
11/06/2023	Brookhaven	150.00
11/13/2023	Clear Cut Directions	100.00
11/06/2023	Conscious Contact - Nottingham	100.00
11/09/2023	Daily Reflections	20.00
11/10/2023	Day By Day	42.00
11/06/2023	Debra S	10.00
11/14/2023	Downingtown Young People	1,700.00
11/17/2023	Doylestown	200.00
11/15/2023	Eugene M	25.00
11/01/2023	Every Night is Friday Night	50.00
11/17/2023	Follow the Path	100.00
11/06/2023	Founders Way	100.00
11/09/2023	Frazer BBSS	19.81
11/01/2023	Friday Night Fortunes	51.00
11/17/2023	FTTS	50.00
11/19/2023	Glenn S	25.00
11/06/2023	God As I Understand Him	500.00
11/09/2023	Good News Group	250.00
11/10/2023	Good News Group	400.00
11/17/2023	Greater Northeast	25.00
11/01/2023	Hair of the Dog	500.00
11/06/2023	Hope Group Online	120.00
11/06/2023	It Works It Really Does	300.00
11/28/2023	James I	6.00
11/30/2023	James M	36.00
11/17/2023	jean q	5.00
11/01/2023	Jenkintown Big Book	256.50
11/30/2023	Joseph F	30.00
11/15/2023	Karl M	5.00
11/07/2023	Kathleen N	10.00
11/09/2023	Keep It Simple	50.00
11/15/2023	Kevin D	1.00
11/07/2023	Key of Willingness	10.00
11/07/2023	Key of Willingness	25.00
11/07/2023	Key of Willingness	50.00
11/07/2023	Key of Willingness	100.00
11/10/2023	Langhorne Sunrisers	300.50
11/21/2023	Last Call	250.00
11/20/2023	Life or Death	100.00

11/21/2023	Lifeline	181.92
11/10/2023	Literature & Sobriety Group	100.00
11/01/2023	Ludwigs Corner	198.50
11/28/2023	Lynn M M	20.00
11/10/2023	Malvern Center Wake Up	78.00
11/10/2023	Mark P	100.00
11/28/2023	Media First Things First	435.00
11/06/2023	Meditation on the Steps	300.00
11/06/2023	Meg B	3,000.00
11/01/2023	Megan V	5.00
11/09/2023	Merci	800.00
11/07/2023	Michael D	50.00
11/17/2023	Mid Day Miracles-V	235.70
11/01/2023	Morgan M	8.00
11/01/2023	Morning Miracles	200.00
11/17/2023	Morton Group	150.00
11/09/2023	Narberth Midday	1,400.00
11/01/2023	Never Give Up	200.00
11/01/2023	Never Too Late	400.00
11/06/2023	Newtown Gratitude	158.97
11/17/2023	Norristown	200.00
11/14/2023	Oakmont Group	57.19
11/06/2023	ODAAAT	200.00
11/06/2023	On Awakening	400.00
11/06/2023	Pass It On	180.00
11/17/2023	Pottstown Group	150.00
11/17/2023	Promises As Bill Sees It	250.00
11/10/2023	Recovery By The Book	75.00
11/10/2023	Red Hill Group	100.00
11/17/2023	Renu-U	150.00
11/30/2023	Ricardo B	25.00
11/07/2023	Robert V	5.00
11/06/2023	Rolling Hills Big Book	125.00
11/06/2023	Scott B	10.00
11/01/2023	Scott P	25.00
11/10/2023	Serenity at Noon	200.00
11/01/2023	Sober at Six	400.00
11/01/2023	Sobriety at 7	300.00
11/06/2023	Solebury Happy Hour	150.00
11/01/2023	Solid Foundation Group	229.17
11/01/2023	SOS Ladies	196.09
11/28/2023	South Broad Street	300.00
11/21/2023	Spring City Sisters	25.00
11/09/2023	Steelworkers	100.00
11/01/2023	Stephanie T.	5.00
11/05/2023	Steven L	10.00
11/28/2023	Sunday Serenity Step	150.00
11/28/2023	Sunrise to Serenity	750.00
11/07/2023	Tanya H	25.00

11/16/2023	Taylor B	12.00
11/09/2023	TGIF Thank God I'm Free	75.00
11/01/2023	There is a Solution	18.44
11/01/2023	This is Not a Dress Rehearsal	101.00
11/01/2023	Thursday Night Step	350.00
11/01/2023	Top of the Hill	25.00
11/21/2023	Top of the Hill	286.83
11/30/2023	Tracey B	4.60
11/01/2023	Tuesday Night Atrium Rewards	550.00
11/02/2023	Vernon Park	65.00
11/01/2023	Westtown Zoom	150.00
11/01/2023	Women in Friendship	53.09
11/09/2023	Women of Grace	94.00
11/01/2023	Wyndmoor Noon	25.00
11/06/2023	Yardley Noon Discussion	500.00
11/28/2023	Total no name	286.46
	TOTAL	24,005.94

SEPIA
Balance Sheet
As of November 30, 2023

	Nov 30, 23
ASSETS	
Current Assets	
Checking/Savings	
Frankln Mint	246,558.17
Petty Cash	293.40
PNC-General Checking	-1,173.23
PNC-Money Market	40,000.00
PPayPal	3,261.90
Total Checking/Savings	288,940.24
Accounts Receivable	
11000 · Accounts Receivable	221.13
Total Accounts Receivable	221.13
Other Current Assets	
Prepaid Insurance	373.90
12100 · Inventory Asset	48,298.26
12000 · Undeposited Funds	807.48
Total Other Current Assets	49,479.64
Total Current Assets	338,641.01
Fixed Assets	
Accumulated Depreciation	-11,065.87
Computer Upgrades - 2012	11,065.87
Fixed Assets	
Accumulated Depreciation	-15,505.00
Office Equipment	15,505.00
Total Fixed Assets	0.00
Total Fixed Assets	0.00
TOTAL ASSETS	338,641.01
LIABILITIES & EQUITY	
Liabilities	
Current Liabilities	
Accounts Payable	
20000 · Accounts Payable	1,556.84
Total Accounts Payable	1,556.84
Credit Cards	
PNC-Credit Card	576.00
Total Credit Cards	576.00
Other Current Liabilities	
25500 · Sales Tax Payable	-74.56
Total Other Current Liabilities	-74.56
Total Current Liabilities	2,058.28
Total Liabilities	2,058.28
Equity	
32000 · Unrestricted Net Assets	347,259.95
Net Income	-10,677.22
Total Equity	336,582.73
TOTAL LIABILITIES & EQUITY	338,641.01

57th Annual Round-Up Logo Contest for 2024

The theme this year is:

“164 at the Shore”

**Round-Up is being held at the Grand Hotel
Cape May, New Jersey from March 8 thru March 10**

**All A.A. Members (only) are welcome to
submit an entry of original artwork by**

Saturday, December 23, 2023

Submit your logo entry to:

Vicechair@aasepia.org

The winner will receive \$150.00 as
well as having your logo on the program and all
other items such as tee-shirts, pins, and sweatshirts
at the Round-Up!

*Note: All entries are property of SEPIA. We have the right to change size and color if needed.

Montco Host

PennscypaaXXXV

Cookie Bake Off!

Join in the Holiday season fun for a cookie
tasting contest and speaker meeting
Saturday, December 16th 2023 at
St John the Baptist Church
502 Ford Street, Bridgeport PA 19405

Doors open at 2pm, Meeting at 3pm
\$10 a person OR
\$5 if you bring at least
2 dozen cookies to compete with



SCAN ME Register in advance here or scan the QR code
<https://forms.gle/6kGH7KnxZCbh3CG16>

KENZO WOMENS GROUP

Holiday Party

GROUP ANNIVERSARY
/ SPEAKER MEETING



Amie Alvin celebrating 14 years

DECEMBER 29TH * 7-9PM
ST MICHAEL'S CHURCH
2139 E CUMBERLAND STREET
PHILADELPHIA PA 19125

Please join us for food, fun & fellowship!




EARLY MORNING GROUP'S

*Annual
Gratitude
Meeting*

December 22

9 am to 11 am



First Presbyterian Church
37 West Cheltenham Ave.
Philadelphia, PA 19144

***Light snacks and
refreshments
served***



MIDDAY MIRACLES

Holiday Alcahons

CO-HOSTED BY CHESCO PENNSCYPAA BID

FIRST BAPTIST CHURCH

415 W STATE STREET

KENNETT SQUARE, PA

24

December

Meetings Upstairs.
Food provided,
bring a dessert!

X-Mas Eve

- 2:00 pm
- 4:00 pm
- 6:00 pm
- 8:00 pm
- 10:00 pm

Noon Hybrid Option
Zoom ID: 802-618-468
PW: 299077

X-Mas Day

- 10:00 am
- 12:00 pm
- 2:00 pm
- 4:00 pm
- 6:00 pm
- 8:00 pm
- 10:00 pm

25

DECEMBER

Potluck in the
Fellowship hall,
bring a dish!

31

December

Meetings Upstairs.
Food provided,
bring a dessert!

New Year's Eve

- 4:00 pm
- 6:00 pm
- 8:00 pm
- 10:00 pm
- 12:00 pm

Noon Hybrid Option
Zoom ID: 802-618-468
PW: 299077

New Year's Day

- 10:00 am
- 12:00 pm
- 2:00 pm
- 4:00 pm

01

JANUARY

Potluck in the
Fellowship hall,
bring a dish!

8 O'CLOCK *Gratitude* AT WAYNE



St. Katharine's Gym
104 S. Aberdeen Ave
Wayne, PA 19087

PLEASE JOIN US FOR THE 8 OCLOCK AT WAYNE
ANNUAL **CANDLELIGHT MEETING** WITH
FOOD & FELLOWSHIP FOLLOWING THE MEETING

MEETING AT 8, POTLUCK TO FOLLOW

Twelve Tips on Keeping Your Holiday Season Sober and Joyous

Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober—an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.



1 *Line up extra A.A. activities for the holiday season.* Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.



2 *Be host to A.A. friends, especially newcomers.* If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.



3 *Keep your A.A. telephone list with you all the time.* If a drinking urge or panic comes—postpone everything else until you've called an A.A.



4 *Find out about the special holiday parties, meetings, or other celebrations*

given by groups in your area, and go. If you're timid, take someone newer than you are.



5 *Skip any drinking occasion you are nervous about.* Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.



6 *If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.*



7 *Don't think you have to stay late.* Plan in advance an "important date" you have to keep.



8 *Worship in your own way.*



9 *Don't sit around brooding.* Catch up on those books, museums, walks, and letters.



10 *Don't start now getting worked up about all those holiday temptations.* Remember—"one day at a time."



11 *Enjoy the true beauty of holiday love and joy.* Maybe you cannot give material gifts—but this year, you can give love.



12 *"Having had a . . ."* No need to spell out the Twelfth Step here, since you already know it.