



# Interviews January 2024



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### A MEMBER SHARES

#### **I Had to Learn the First Step An Alcoholic from Australia Has Trouble Admitting Anything**

By the end of my drinking at age 32 I didn't look too bad - at least on the outside. I had a lovely wife and two kids, we owned a nice house and I drove a nice car.

But on the inside I was a complete mess. I was unable to hold down a job and even getting casual work was increasingly difficult. The house and car was provided by a mountain of debt and by my wife working two jobs. My biggest problems were inside my head: self-hatred, acute self-consciousness, fear, shame and continuous dread of impending calamity.

Once upon a time these problems wouldn't have bothered me. If I began to worry about them I'd just take a drink and magically they would disappear. But eventually I reached the stage where alcohol provided very little relief from the pain and fear. The magic escape hatch had closed.

It was so different to the early days of my drinking. I think I was a pretty ordinary sort of kid, not a lot of confidence but reasonably bright and friendly. Then I found alcohol. With alcohol, I had boundless confidence. I became loud, jovial and found everything and everyone great fun. I was what some people describe as a plateau drinker. I didn't need to wipe myself out each time I drank. I just needed enough to get on a high and then I'd coast along on that till I went to bed. For several years there were few problems apart from hangovers.

*...Cont'd on Page 4*



### **SAVE THE DATE!**

SEPIA's 57th **ANNUAL ROUND-UP** will be held  
**March 8th through March 10th, 2024**

**Grand Hotel of Cape May**  
**1045 Beach Avenue Cape May, NJ**

Rooms available now!

1-800-257-8550 / Code for reduced room rate 656596

**Event registration begins in early 2024 at SEPIA**

# STEP ONE

**We admitted we were powerless over alcohol –  
that our lives had become unmanageable.**

When we first walked into the rooms of A.A., we thought our lives were unmanageable because when we drank, we wound up in strange places, with strange people, in strange positions (some of us – literally). How grateful we were when our sponsor, or other caring members of the Fellowship, helped us fully understand what co-founder, Bill W. meant in *More About Alcoholism* (top of page 35 in the Big Book – 4th Edition) when he said, “*So we shall describe some of the mental states that precede a relapse into drinking, for obviously this is the crux of the problem.*”

We are grateful that we were helped to understand that our mental states, or our thinking, was/is the crux of our problem. Selfishness and self-centeredness! That, we are told, is the root of our troubles (not alcohol). Driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity, we go to the only thing that has proven to provide us the release we seek from these “fleeting forms”—alcohol.

If we ever need proof of our powerlessness over “a seemingly hopeless state of mind and body” (which is one definition of alcoholism), all we have to do is look at the many examples of how our life was unmanageable while drinking – and how it wasn’t the alcohol that made our life unmanageable.

**Interesting Side Note:** Step One is the only step that talks about alcohol. The remainder of the Steps share solutions on how to deal with what the real problem is – the noise that lives between my left ear and my right ear (*more commonly referred to as our defects of character*).

## MYTHS ABOUT THIS STEP

**Powerlessness means you’re weak.**

Admitting powerlessness is a crucial step on the path to freedom and strength. It takes honesty and courage to accept that alcohol has taken over your life.

**You have to take this step over and over.**

Step One is the only step we ever take 100% and once taken, we don’t have to ever take it again. Once you admit to your inner most self that you’re an alcoholic – you can’t “un-admit” that. Once you get completely honest and tell the truth – that truth never changes. Once an alcoholic, always an alcoholic.

—breakdown by [takethetwelve.org](http://takethetwelve.org).



## ATTENTION ALL HOME GROUPS Cool service position available!

### WHAT DOES A GRAPEVINE / LA VINA REPRESENTATIVE DO?

- Announce the latest issue at your meeting
- Talk about the magazine's content—the stories make great topics for discussion!
- Encourage your group to participate by sending in stories, art work or jokes.
- Spread the word about Grapevine's new services and products.

To get your group plugged in, send a member to the next online meeting the 2nd Thursday of the month at 7 pm. (January 11th).

MEETING ID: 509 568 0294

PASSCODE: 628025

**Become a  
Grapevine  
Representative!**

2024



## **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](mailto:manager@aasepia.org), or  
[kevinb@aasepia.org](mailto:kevinb@aasepia.org).**

**AAGRAPEVINE**  
The International Journal of Alcoholics Anonymous

**A CALL FOR ARTICLES ABOUT  
YOUR EXPERIENCES WITH CPC!**

Did a professional help you find A.A. because of the Cooperation with Professionals Committee (CPC) service work?

Are you a professional who found out about A.A. from CPC members?

Have you participated in CPC service—providing doctors, therapists, clergy, lawyers, teachers, parole officers and other professionals information about A.A.?

Share your stories about how you encountered CPC and/or got into this kind of service, what it was like, what you learned, and how it enhanced your sobriety.

Stories can be from 300 words to 1800 words in length. Send your stories to: [www.aagrapevine.org/share](http://www.aagrapevine.org/share) (stories due by April 1, 2024).

The first problem that emerged was I became dependent on alcohol to get me to sleep at night. If I didn't have a drink last thing at night it was difficult to sleep. I would toss and turn and feel terribly uncomfortable. A little nightcap always worked its magic.

The next problem to occur was the shakes. This started as just a slight tremor in the mornings. But then someone noticed it and said, "Gee, you must have been on the grog last night." I was terribly embarrassed by the remark and from then on tried hard to stop my hands shaking. The trouble is, the harder you try to stop them shaking, the worse they shake. If I had to sign something in front of people, my hands would go completely out of control and I couldn't even hold the pen. By age 26 this had become a serious impediment to normal life. It was really freaky.

That was about five or six years before I finally allowed the thought that alcohol was the real problem come fully into my consciousness. During that time the fear of shaking became one of the main obsessions in my life. It wasn't long before I concluded that the only sensible thing to do was get reasonably sozzled first thing in the morning and then it didn't matter when someone asked me to sign anything. My hands were always steady and up to any task.

Eventually I entered that stage where there was no part of my life that wasn't affected by alcohol. I spiraled further and further into misery and fear to the point where alcohol dulled the panic but not the pain and shame.



I was lucky to be steered into A.A. by a friend. I was sure I didn't need it but he talked me into it saying things like, "Well, of course, you're much smarter than those people in A.A., but you never know, you might pick up a few tips about controlling your drinking." If he had told me that any benefit I'd get from A.A. would only come if I stopped drinking, I would never have gone.

But I did go and I was fascinated. Here were all these people who were talking about and laughing about all the things I spent every waking moment trying to hide. They laughed about getting the shakes, about having to hide the grog and having to lie all the time. They told funny stories about stealing money, drinking out of half-empty beer cans with cigarette butts in them and the

difficulties of getting rid of all the empties. I had no idea other people experienced these things. I thought it was only me.

I didn't get sober from my first meeting. It took me well over a year. But slowly I came out of my shell. I overcame my fear of joining a group and even of asking a guy to be my sponsor. That was very hard to do. Finally I plucked up the courage to ask and he said sure, he'd be happy to sponsor me.

So there I was, I had a sponsor, I was getting to lots of meetings, I belonged to a group, I phoned other members and read lots of literature - but I still couldn't get sober. The longest I could go for was a week or two. I'd phone my sponsor, wincing from the expectation that he'd finally lose patience with me and hang up in my ear. But he never did. He'd just patiently say, "We find that people who keep busting like this haven't taken that First Step."

Geez, he was like a parrot about that First Step. Of course I had done it. It was perfectly straightforward. It was only twelve simple words. I didn't realize then that there could be a whole different level of understanding that would release me from my obsession with alcohol.

And then one day I was sitting in a group session run by a psychologist at a detox center. I said something along the lines of, "When it comes to alcohol I'm hopelessly weak." But the psychologist corrected me. "No," he said, "you're not weak when it comes to alcohol - you're incredibly strong. When you want a drink nothing gets in your way, not your wife, not your kids, not your job, not even lack of money. When you want a drink, you get one, no matter what."

**"You're not weak when it comes to alcohol - you're incredibly strong. When you want a drink nothing gets in your way, not your wife, not your kids, not your job, not even lack of money. When you want a drink, you get one, no matter**

...Cont'd on Page 9

## TRADITION ONE (Long Form)

Each member of Alcoholics Anonymous is but a small part of a great whole. A.A. must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward.

### Overriding Idea: We Before Me

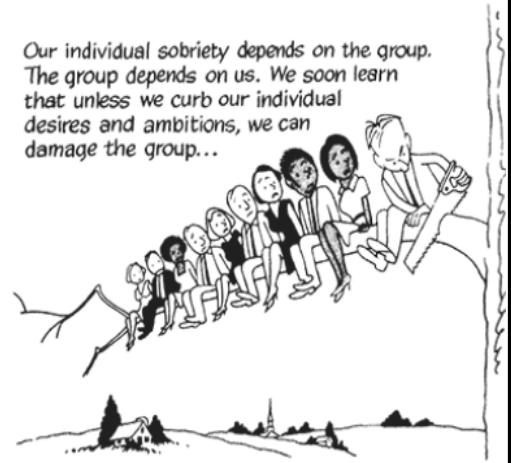
Unity begins with an individual. Having unity within oneself and with one's Higher Power is vital to expressing unity in any other relationship. When one is following the guidance and will of a Higher Power, inner balance is achieved and then the ability to participate in a healthy relationship is greatly improved. Thus the relationship's unity is best serviced by each individual's unity with a Higher Power.

The Twelve Steps produce recovery and enable us to match calamity with serenity without taking the first drink. Recovery is the restoration of our relationship with God through sobriety. Our happiness, though, is incomplete unless we expand our loving relationship with God to our relationships with each other.

The Traditions show us how to love each other. The principles of the group apply to the individual. Through working the principles of the traditions we carry out the Steps in the world. We live in the solution, not the problem. We are united with each other in love. When we love, we want to serve. The concepts of service then show us how to love each other through being of service to the world. Hence, A.A. has the three-word motto, "Recovery-Unity-Service", based on the Twelve Steps, Twelve Traditions, and Twelve Concepts of Service.

Since the bottom has risen in A.A. there has been a need to go beyond recovery into learning how to get and maintain relationships. We must apply the First Tradition in all areas our life (A.A., work, home, etc.) so our sobriety isn't threatened. If we do not place our common welfare first, we could easily stay a loner and eventually drink out of loneliness.

*Our individual sobriety depends on the group. The group depends on us. We soon learn that unless we curb our individual desires and ambitions, we can damage the group...*



## CONCEPT ONE (Long Form)

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

### Principle of Concept 1 — Responsibility

A.A. groups themselves make ALL final business decisions for the Fellowship. How?

A group's General Service Representative (GSR) (or Alternate GSR in the absence of the GSR) votes the conscience of their group on agenda items up for discussion at the General Service Conference (GSC) once a year (via an Area's Pre-Conference Assembly process), which is where all A.A. business is decided.

Tradition Two also speaks to the reason groups make all decisions. God expressing Himself through the group conscience has proven that the shared intelligence of the group (along with the spiritual resource of "right purpose") is all we need to help guide the Conference to make the best decisions possible for A.A. and its related world services.—breakdowns provided by [takethetwelve.org](http://takethetwelve.org)

**Intergroup meetings are being held online and/or in-person in January, 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, JANUARY 8 AT 7:00 PM**

**Bucks County Zone** meets in person:  
Good Shepherd Lutheran Church  
877 Street Road (at Churchville Road)  
Southampton 18966

**Chester County Zone** meets online:  
**Zoom 892 2781 6366 password 266565**

**Delaware County Zone** meets in person:  
HMB Ukrainian Church  
900 Fairview Road  
Swarthmore 19081

**Montgomery County Zone** meets in person:  
Sanctuary United Methodist Church  
1346 East Prospect Ave  
North Wales 19454

**Philadelphia County Zone** meets in person:  
Philadelphia Kroc Center Salvation Army  
4200 Wissahickon Ave  
Philadelphia 19129



### **A note to all members planning to attend the A.A. International Convention in Vancouver, B.C. on July 3-6th, 2025:**

**Plan early to make sure you can cross the border!**

The U.S. and Canada each have restrictions and regulations that apply to citizens and visitors who travel from one country to the other. Border crossing into Canada has significantly changed, particularly in the last two years. Those who have some past legal incident, such as a DUI or felony, might face difficulty at the border. A Canadian immigration officer will decide if you can enter Canada when you apply for a visa, an Electronic Travel Authorization (eTA), or when you arrive at a port of entry.

Under Canada's immigration law, if you have committed or been convicted of a crime, you may not be allowed into Canada. In other words, you may be "criminally inadmissible." Depending on the crime, how long ago it was and how you have behaved since, you may still be allowed to come to Canada, if you: convince an immigration officer that you meet the legal terms to be deemed rehabilitated, or applied for rehabilitation and were approved, or were granted a record suspension.

**Deemed rehabilitation**, under Canada's immigration law, means that enough time has passed since you were convicted that your crime may no longer bar you from entering Canada.

If you are a foreign national who needs an Electronic Travel Authorization (eTA), you have to submit a separate application for criminal rehabilitation **before** you apply for your eTA. Once you have received confirmation of your rehabilitation, you may apply for an eTA. If you apply for your eTA before you receive your rehabilitation, your application will be assessed based on the information currently available, and may result in the refusal of your application.

**Note: These applications can take over a year to process. Make sure you plan far enough in advance of your travel to Canada.**

For more information, see <https://www.aa.org/international-convention-2025-faqs>.

## NEW MEETINGS & CHANGES

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

The **FOUNDERS WAY GROUP** in Bristol has changed its meeting time to **7 pm** on Tuesdays. St Ann Rectory 357 Dorrance St, Bristol 19007.

The **Grapevine and La Vina Committee** is looking for homegroups to get involved. Send a rep from your homegroup to the online meeting, 2nd Thursday of each month at **7 pm**. Meeting ID: 509 568 0294 PW: 628025.

NE Men's Meeting is CLOSED Permanently.

## EVENTS WITHIN THE FIVE-COUNTY AREA

**Saturday January 6: Chestnut Hill Big Book 7th Anniversary! Food, Fun, Fellowship 9-11:30am**  
Christ Lutheran Church 8300 Germantown Ave Phila

**Sunday January 7: Share-A-Day Planning Meeting (Online)—A joint venture with SEPIA and Area 59 11:00 am to 1:00 pm. Meeting ID: 830 9713 776814 Passcode: 953164. All welcome!**

**Saturday, February 17: UNITY NIGHT: TOGETHER WE GROW, ALONE WE FALL** Six clubhouses, three speakers, food, raffles & dancing! St Martha's Church 11301 Academy Road 19154. **7 pm to 10 pm**, doors open at 6 pm. \$20.

**Friday May 31 thru Sunday June 2: PENNSYLVANIA STATE CONFERENCE OF YOUNG PEOPLE IN A.A. (PENNSCYPAA) XXXV** is coming to Montgomery County! Theme: "Trudge the Road of Happy Destiny". Eastern University 1300 Eagle Road St. David's 19087. Pre-registration \$20.00. More information at: [www.pennscypaa.org](http://www.pennscypaa.org).

## 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>.

**60TH INTERNATIONAL WOMEN'S CONFERENCE (Online)** will be broadcasting LIVE from Portland, ME February 8-11. Keynote speakers, hybrid panels, entertainment and fellowship. \$15. Info: [internationalwomensconference.org](http://internationalwomensconference.org).

**THE NORTHEAST REGIONAL A.A. SERVICE ASSEMBLY (NERAASA)** is coming to Area 59 in 2024! Thursday-Sunday February 22-25 in Hershey, PA. Info at: <https://www.neraasa.org/>. NERAASA is seeking donations to their hospitality suite. See this newsletter for a donation form, or use this QR code:



**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](http://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>.

# January Literature Spotlight



## SEPIA'S BEGINNER'S PACK

Nine helpful pieces to help newcomers to get plugged in!

- This is A.A. (P-15)
- Questions and Answers on Sponsorship (P-15)
- A Newcomer Asks (P-24)
- Twenty Questions (TQ-20)
- Guide for the Beginner (OC-1)
- Problems Other than Alcohol (F-8)
- Rack Card (Meeting List QR Code) ( ML-15)
- Green Card (GC)
- Yellow Card (YC)

### ALCOHOLICS ANONYMOUS BEGINNER'S PACKET

YOU ARE WELCOME HERE.

In our experience, people who recover in A.A. are those who:

- Ask their Higher Power in the morning to keep them sober.
- Don't take the first drink.
- Attend A.A. meetings regularly.
- Get an A.A. sponsor to guide them.
- Stick with the winners (the people in A.A. who have recovery by practicing the suggested Twelve Steps).
- Thank their Higher Power at night for a day of sobriety.

**"Rarely have we seen a person fail who has thoroughly followed our path." \***

(\* Reprinted with permission of A.A. World Services, Inc.)

Names                      Phone Numbers

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Southeastern Pennsylvania Intergroup Association  
1903 South Broad Street - 2nd Floor, Philadelphia, PA 19148-2216  
(215) 923-7900; website: [www.aasepia.org](http://www.aasepia.org)



Comes in a big envelope with designated lines to write down names and phone numbers!

**YESTERDAY - TODAY - TOMORROW**

There are two days in every week about which we should not worry, two days which should be kept free from fear and apprehension. One of these days is YESTERDAY with its mistakes and errors, its faults and blunders, its aches and pains. YESTERDAY has passed forever beyond our control.

All the money in the world cannot bring back YESTERDAY. We cannot make a single act we performed we cannot erase a single word we said. YESTERDAY is gone.

The other day we should not worry about is TOMORROW with its possible adventures, its battles, its large profits and poor performance. TOMORROW is also beyond our immediate control.

TOMORROW'S sun will rise, either in splendor or behind a mist of clouds but it will rise. Until it does, we have no stake in TOMORROW for it is as yet unborn.

This leaves only one day... TODAY. Any man can fight the battle of just one day. It is only when you add the burden of those two awful enemies, YESTERDAY AND TOMORROW that we break down.

It is not the experience of TODAY that drives men mad; it is neither its bitterness for something which happened YESTERDAY nor the dread of what TOMORROW may bring.

LET US, THEREFORE, LIVE  
BUT ONE DAY AT A TIME!!

**A A**

**BUT FOR THE GRACE OF GOD,  
MIRACLES DO HAPPEN.**

A Guide to Living

You can't blame any one but yourself if you stumble twice over the same stone.

Have the moral stamina to stand firm for right, truth, and justice.

Acquire the habit of being faithful to friendships and responsibilities.

The greatest pleasure in life is to do a good turn in secret and have it discovered by accident.

**Southeastern Pennsylvania Intergroup Association**  
**SEPIA**  
1903 South Broad Street - 2nd Floor  
Philadelphia, PA 19148-2216  
Phone 215-923-7900  
[www.aasepia.org](http://www.aasepia.org)

**To determine whether you are a problem drinker, answer as honestly as possible the following questions:**

✓ Do you lose time from work due to drinking?	Yes	No
✓ Is drinking making you have fits, epilepsy?	✓	✓
✓ Do you drink because you are shy of other people?	✓	✓
✓ Is drinking affecting your reputation?	✓	✓
✓ Have you ever felt nervous after drinking?	✓	✓
✓ Have you gotten into financial difficulties as a result of drinking?	✓	✓
✓ Do you turn to lower companions and an inferior environment when drinking?	✓	✓
✓ Does your drinking make you careless of your family's welfare?	✓	✓
✓ Has your ambition decreased since drinking?	✓	✓
✓ Do you crave a drink at a definite time every day?	✓	✓
✓ Do you want a drink the next morning?	✓	✓
✓ Does drinking cause you to have difficulty in sleeping?	✓	✓
✓ Has your efficiency decreased since drinking?	✓	✓
✓ Is drinking jeopardizing your job or business?	✓	✓
✓ Do you drink to escape from worries or trouble?	✓	✓
✓ Do you drink alone?	✓	✓
✓ Have you ever had a complete loss of memory as a result of drinking?	✓	✓
✓ Has your physician ever treated you for drinking?	✓	✓
✓ Do you drink to build your self-confidence?	✓	✓
✓ Have you ever been to a hospital or institution on account of drinking?	✓	✓

If you have answered YES to any one of the above questions, there is a definite warning that you may have a drinking problem.

If you have answered YES to any two of the questions, the odds are that you are a problem drinker.

If you have answered YES to three or more of the questions, you definitely are a problem drinker.

(The above True Questions are used by John Hopkins University Hospital, Baltimore, MD, to determine whether a patient is a problem drinker.)

**Southeastern Pennsylvania Intergroup Association, 444 N. 3rd St., Third Floor, Suite A3, Phila., PA 19123 - (215) 923-7900**

**The Serenity Prayer**

*God grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference.*

**Newcomer Suggestions**

**Southeastern Pennsylvania Intergroup Association**  
**SEPIA**  
1903 South Broad Street - 2nd Floor  
Philadelphia, PA 19148-2216  
Phone 215-923-7900  
[www.aasepia.org](http://www.aasepia.org)  
email: [info@aasepia.org](mailto:info@aasepia.org)  
Meeting guide app: [www.meetingguide.org](http://www.meetingguide.org)

**Phone List**

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**"Our chief responsibility to the newcomer is an adequate presentation of the program."**  
**Bill W., 1942**





“Well,” I said, “umm...well, I’ll...err...” I was stumped. I didn’t know what to do. What could I do? If I was powerless there was nothing I could do was there?”

“It’s actually pretty simple,” he said, “You just do the next eleven Steps. There is no way you can change yourself directly at the deep level that’s needed. All you can do is follow a program and let it bring about the changes in you.”

So that’s what I’ve done ever since. I’ve been sober 28 years and I still go to Steps meetings and learn about them - even from people who are new in the program. Often people who are new to A.A. have fresh insights that add to my understanding. Most of all it’s a matter of practicing. No one expects you to be a perfect tennis player the first time you pick up a racquet. You have to practice. It seems you can’t just do them once and forget them. It’s a constant process. The moment you stop doing them, you stop getting the benefits.

Slowly, the Steps did their work on me. I fell in love with my wife and children again. I began earning money and even created a successful business. People could rely on me. I turned up on time and stopped running away from problems and discomforts. I turned and faced the world and did the things that were needed.

I used to hate the idea of stopping drinking because it seemed all the fun in life would disappear. But it was the misery that disappeared. Laughter, fun and joy came back into my life. I enjoyed the thrill of doing scary things stone-cold sober. I experienced the contentment that I belong in the world. I’m a valued person who brings value to others.—  
*Anonymous, via [aa.org.au](http://aa.org.au) (Australian Intergroup)*



**CHESTER SPRINGS SPEAKER GROUP**  
Sunday 9:30 AM  
Ludwig’s Oyster Bar  
Corner of Rt. 40 and 100  
Glenmoore, PA 19343

**Show Us  
Your  
Meeting  
Room!**

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

# THIS MONTH IN A.A. HISTORY

## \*\*\* JANUARY \*\*\*

- ♦ **January 1, 1948:** The first A.A. meeting was held in Japan. The meeting was conducted in English.
- ♦ **January 1, 1988:** West Virginia A.A. began the first statewide toll-free hotline.
- ♦ **January 2, 1889**—Bridget Della Mary Gavin (Sister Ignatia) was born in Ballyhane, Ireland. As an admitting nurse at St. Thomas Hospital in Akron, Ohio in the 1930's, she admitted alcoholic patients to the hospital under other diagnoses in order to treat them, as the religious hospital denied care to "sinful" alcoholics. Later, she worked closely with Dr. Bob, co-founder of A.A., there. She gave discharged patients a Sacred Heart medallion to wear, which is believed to be the origin of A.A.'s custom of giving out tokens or coins to mark periods of sobriety.
- ♦ **January 4, 1941**—Bill and Lois W. drove to Bedford Hills, NY, to see the house that would become their home, the "Stepping Stones", and had to enter through an unlocked window.
- ♦ **January 6, 2000**—Stephen Poe, compiler of the *Concordance to Alcoholics Anonymous*, aka the *Big Book Dictionary*, died.
- ♦ **January 15, 1937**—Fitz M. brings the first A.A. meetings to the Washington D.C. area.
- ♦ **January 17, 1919**—The 18th Amendment, "Prohibition", became law. It would remain on the books until December of 1933. Much of Bill W.'s insane drinking described in *Bill's Story* in the Big Book took place during this era. (He got sober in December of 1934).
- ♦ **January 20, 1954**—Hank P., early A.A. member, A.A. promoter, and author of *The Unbeliever* story in the first edition of the Big Book, died in Pennington, New Jersey.
- ♦ **January 24, 1971**—Bill W., A.A.'s co-founder and author of the Big Book, died at Miami Beach, Florida at age 75 with 36 years (and one month and 13 days) of sobriety.
- ♦ **January 24, 1945**—the first "Black" group, as it was known then, met in St Louis.
- ♦ **January 26, 1971**—The *New York Times* published Bill W.'s obituary on page one, a high honor. It was met with controversy within the fellowship because the *Times* and many other publications published Bill W.'s full name, unaware of the significance of maintaining anonymity within the organization.
- ♦ **January 30, 1961**—Dr. Carl Jung, replying to a letter from Bill W., explained he had always believed that *Spiritus Contra Spiritum*, or "One spirit conquers another"—i.e.: spiritual experiences will defeat spirits (alcohol).



Sister Ignatia

## Jung and Alcoholism

•His craving for alcohol was the equivalent, on a low level, of the spiritual thirst of our being for wholeness; expressed in a medieval language; the union with God... You see, 'alcohol' in Latin is 'Spiritus'... You use the same word for the highest religious experience as well for the most depressing poison. The helpful formula therefore is: spiritus contra spiritum.

## **NEW BEGINNINGS: How I Found A.A. and Got Sober During COVID**

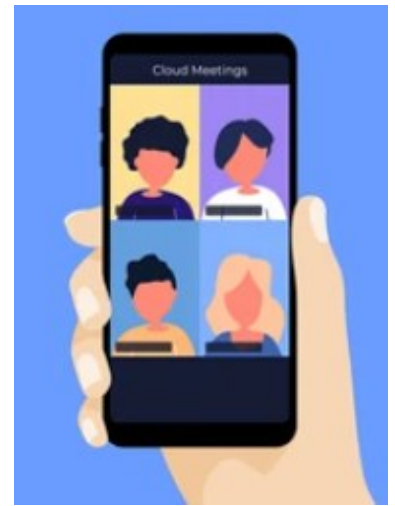
I attended my first A.A. meeting on April 25, 2020. I had lived with the misery and self-hatred of alcoholic drinking for years prior, having attempted many times to stop. I had tried clinical therapy, a local university research program for alcoholics, and my personal resolve, all to no avail. I finally talked with a friend whom I found out was an A.A. member, and I decided to give A.A. a try. What a gift in my life!

That Saturday, April 25, is still like a dream for me, and I don't remember what meeting I attended or anything that was said in that meeting. But I clearly remember the kindness and warmth that was extended to me, and attending that meeting was a spiritual experience. I have not had a drink since that day. In hindsight, I did not appreciate how different that meeting was for A.A. veterans, since this meeting was conducted by Zoom, not in person.

Zoom had landed. And that technology (and other similar technologies) forever changed how A.A.'s would meet. That meeting that I attended that April was among the first to use the Zoom meeting mode, since the COVID pandemic had forced the U.S. government in March of 2020 to mandate restrictions on gatherings. As a result, churches, schools, and various other places across the country and the world shut down. Zoom saved A.A. With essential in-person meetings shut down, how would A.A.'s gather? They gathered on computer screens. I have heard from other A.A.'s how much they missed the in-person meetings during that 18-month period, to the extent that many stopped attending meetings altogether. But, for most folks, the new technology expanded our worlds, allowing us to attend A.A. meetings across the planet.

For me, that day in April 2020 allowed me to stop drinking and begin my sober life. And now I wonder what I and every other A.A. would have done without our new mode of meeting. Today, with the COVID virus generally managed, government restrictions lifted, and in-person meetings thriving again, Zoom continues to be a tool that continues its importance in support of the physically disabled, the aged, and the A.A.-curious.

My home group was then and is Sober at Six of Paoli, PA. However, I particularly treasure my A.A. friends and fellows who are members of the Chester groups. Prior to joining A.A. I had been a volunteer at CityTeam, a community support organization in Chester, PA. By coincidence, I came to know Chester A.A. group members and discovered that the CityTeam alcohol rehab program participated in what is now the New Upland A.A. group in Chester. I have loved my meetings and fellows in Chester. I actively participate in in-person meetings and Zoom meeting with those dear folks as well as in my home group.—Pat R.



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

## Get involved and make a difference!




**Committee Meetings for the month of January 2024 are in-person and/or online depending on the group conscience of the committee.**

<p><b>Archives</b></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 – January 9 at 7 pm Saturday – January 20 at 9 am for Preservation Work</p>
<p><b>Cooperation With The Professional Community (CPC)</b></p> <p>Helps police, medical, and other professionals understand what A.A. is and how it can help their clients.</p>	<p>Tuesday – January 2 at 7 pm <b>(Meets on Tuesday this month only!)</b></p>
<p><b>Finance</b></p> <p>Makes recommendations to the Steering Committee and SEPIA office how best to spend Seventh Tradition donations.</p>	<p>Thursday – January 18 at 7 pm</p>
<p><b>Interphones and Helping Unite the Sick, Shut-in, Hospitalized and Homebound (HUSHH) (Meets even months only)</b></p> <p>Interphones ensures that A.A. is always there by taking calls when the office is closed. HUSHH takes meetings to those unable to attend them.</p>	<p>No meeting this month (Next meeting February 28 at 7 pm)</p>
<p><b>Prisons and Temporary Contact</b></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 – January 4 7 pm (note new time!)</p>
<p><b>Public Information (PI)</b></p> <p>Conveys information about A.A. to the general public through flyers, mailings, radio spots, health fairs, etc.</p>	<p>Wednesday – January 17 7 pm</p>
<p><b>Special Events</b></p> <p>Plans the annual spring Round-Up, the Share-A-Day event, Breakfasts and more.</p>	<p>Monday – January 29 7 pm</p>
<p><b>Treatment Facilities (TF) and Bridging the Gap</b></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 – January 15 7 pm</p>
<p><b>Unity</b></p> <p>Provides information about service opportunities outside the homegroup to groups when invited; plans summer picnic and fall workshop.</p>	<p>Tuesday – January 16 7 pm</p>
<p><b>Web/Tech Ad Hoc Committee</b></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 – January 3 5:30 pm</p>

# January 2024



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 Website Tech 5:30 PM Steering Committee 7 PM (CLOSED)	4 Temporary Contact & Prison Committee 7 PM	5 SEPIA Noon Meeting 12 PM	6
7 Share-a-Day Planning Meeting <b>Zoom</b> 11—1 PM	8 All Five County Zone Meetings 7 PM (see below for locations)	9 Archives Committee 7 PM	10	11	12 SEPIA Noon Meeting 12 PM	13
14	15 Treatment & Bridging The Gap Committees 7 PM	16 Unity Committee 7 PM	17 PI Committee 7 PM	18 Finance Committee 7 PM	19 SEPIA Noon Meeting 12 PM	20 <b>Round-UP Planning Meeting</b> Archive 9 AM
21	22	23	24	25	26 SEPIA Noon Meeting 12 PM	27
28	29 Special Events Committee 7 PM	30	31			

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

**Chester County (Online):** Zoom ID: 892 2781 6366 Passcode: 266565

**Delaware County:** Holy Myrrh-Bearer’s Ukrainian Church, 900 Fairview Rd, Swarthmore 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 19129

# December Donations

Date	Name	Balance
12/21/2023	Alan A	127.75
11/29/2023	As Bill Sees It	100.00
12/08/2023	Bill's Wisdom	50.00
11/28/2023	Black Horse Group	150.00
11/28/2023	Book Um	100.00
12/06/2023	Came To Believe -Newtown	100.00
12/10/2023	Carolann V	20.00
12/10/2023	Chris S	15.00
12/26/2023	Colleen O'D	130.00
12/13/2023	Daily Progress	250.00
12/04/2023	Daylesford	150.00
12/18/2023	Devon Sat Morning	310.08
12/21/2023	Doylestown Friday Night Gay Men's	279.00
12/03/2023	Expect A Miracle Lansdale	1,000.00
12/11/2023	Feasterville Group	324.25
12/04/2023	Foglifters	500.00
12/04/2023	Freedom in the Park	337.77
12/18/2023	Friday Night 3 & 11 Step	300.00
12/21/2023	Gilbertsville	50.00
12/13/2023	Girls Night Out	88.00
12/05/2023	Gloria C	50.00
12/13/2023	Greater Northeast	25.00
12/18/2023	Grove Group	50.00
12/01/2023	Harry A	5.00
12/13/2023	Higher Powered	75.00
12/01/2023	Hope Group Bucks	50.00
12/13/2023	Hope in Ambler	150.00
12/04/2023	It Works It Really Does-2	350.00
12/04/2023	Ivyland Women's Step	10.00
11/28/2023	James I	6.00
11/30/2023	James N	36.00
12/18/2023	Janet L	31.00
12/03/2023	Jared S	33.33
12/07/2023	Jared S	33.33
12/01/2023	Jennifer S	30.00
12/04/2023	John G	10.00
12/09/2023	John R	3.00
11/30/2023	Joseph F	30.00
12/26/2023	Joseph G	60.00
12/13/2023	Keep It Simple	50.00
12/18/2023	Key of Willingness	80.00
12/26/2023	Langhorne Sunrisers	243.50
11/21/2023	Last Call	250.00
11/20/2023	Life or Death	100.00
11/21/2023	Lifeline	181.92
11/28/2023	Lynn M	20.00
12/01/2023	Therese J	20.00
12/04/2023	Malvern Center Wake Up	114.00
12/03/2023	Malvern Men's	140.00

Date	Name	Balance
12/11/2023	Manoa Group	50.00
12/22/2023	Mayfair Holmesburg	200.00
11/28/2023	Media Flrst Things First	435.00
12/02/2023	Media Flrst Things First	463.00
12/13/2023	Men's Third Tradition	300.00
12/13/2023	Mid Day Miracles Group	177.28
12/08/2023	Monday's Message	546.00
12/20/2023	Morning Hope	800.00
12/03/2023	Natasha M	2.00
12/18/2023	New Chester Group	30.00
12/13/2023	Newtown Square	250.00
12/13/2023	Nicole M	5.00
12/13/2023	One Day At A Time - Northeast	50.00
12/05/2023	Oxford Simple Solutions	50.00
12/20/2023	Patrick M	25.00
12/07/2023	Port Richmond	100.00
12/02/2023	Renaissance Group	323.00
11/30/2023	Ricardo B	25.00
12/06/2023	Riverside Group	200.00
12/04/2023	Roger S	100.00
12/16/2023	Roy B	75.00
12/01/2023	Sanctuary Group	76.50
12/13/2023	Saturday Night Dry	200.00
12/04/2023	Scott B	10.00
12/10/2023	Somerton	100.00
12/08/2023	Souderton	400.00
11/28/2023	South Broad Street	300.00
11/21/2023	Spring City Sisters	25.00
12/26/2023	Step Forward Group	169.00
11/28/2023	Sunday Serenity Step	150.00
11/28/2023	Sunrise to Serenity	750.00
12/16/2023	Ted C	10.00
12/08/2023	Teresa K	200.00
12/26/2023	There is a Solution	600.00
12/20/2023	Thomas H	100.00
12/11/2023	Thorndale Lost & Found	200.00
11/21/2023	Top of the Hill	261.83
11/30/2023	Tracey B	4.60
12/13/2023	Try It You'll Like It	200.00
12/03/2023	Tuesday Night Ivyland	100.00
12/18/2023	Vernon Park	60.00
12/06/2023	We Are Not Saints	1,000.00
12/13/2023	West Chester Group	150.00
12/04/2023	Women of Grace	100.00
11/28/2023	Unnamed	325.00
	<b>TOTAL</b>	<b>16,317.14</b>

**SEPIA Financial - Cash Flow Report - November**  
**SEPIA REVENUE**

Category	Nov-23	Cumulative 2024	2024 Budget
<b>SPECIAL EVENTS</b>			
BINGO Revenue			\$10,100
BINGO Expenses			-\$1,650
<b>BINGO Net Revenue</b>	<b>\$0</b>	<b>\$0</b>	<b>\$8,450</b>
Breakfast Revenue			\$15,500
Breakfast Expense			-\$9,080
<b>Breakfast Net Revenue</b>	<b>\$0</b>	<b>\$0</b>	<b>\$6,420</b>
Round Up Revenue			\$81,050
Round up Expenses			-\$40,025
<b>Round Up Net Revenue</b>			<b>\$41,025</b>
Other Special Events Expenses			-\$640
<b>TOTAL EVENTS NET REVENUE</b>	<b>\$0</b>	<b>\$0</b>	<b>\$55,255</b>
<b>CONTRIBUTIONS</b>			
AA Groups	\$20,112	\$20,112	\$210,300
Individual Contributions	\$3,833	\$3,833	\$16,800
Other Contributions	\$100	\$100	
<b>TOTAL CONTRIBUTIONS (Less \$517.4)</b>	<b>\$24,044</b>	<b>\$24,044</b>	<b>\$227,100</b>
<b>LITERATURE</b>			
Literature Sales + Shipping	\$7,388	\$7,388	\$119,460
Literature Expenses <i>(Includes Inventory Adjust.)</i>	(\$5,653)	(\$5,653)	(\$92,760)
<b>TOTAL LITERATURE NET REVENUE</b>	<b>\$1,735</b>	<b>\$1,735</b>	<b>\$26,700</b>
<b>INTEREST PLUS OTHER INCOME</b>	<b>\$401</b>	<b>\$401</b>	<b>\$2,220</b>
<b>TOTAL GROSS REVENUE</b>	<b>\$26,181</b>	<b>\$26,180</b>	<b>\$311,275</b>

**SEPIA EXPENSES**

Category	Nov-23	Cumulative 2024	2024 Budget
Share a Day	\$0	\$0	\$600
Zones	\$155	\$155	\$3,450
Committees	\$1,377	\$1,377	\$44,720
Travel and Training	\$0	\$0	\$5,000
Office Expenses and Operations	\$17,871	\$17,871	\$91,035
Staff Salary and Benefits	\$17,427	\$17,427	\$181,200
<b>TOTAL EXPENSES</b>	<b>\$36,830</b>	<b>\$36,830</b>	<b>\$326,005</b>
<b>TOTAL NET REVENUE</b>	<b>(\$10,649)</b>	<b>(\$10,649)</b>	<b>(\$14,730)</b>

**SEPIA FINANCIAL STATUS**  
**November 31, 2023**

<b>Current Assets</b>	
Prudent Reserve	\$286,557
Checking, Petty Cash, Paypal	\$22,333
<b>Total Cash Assets</b>	<b>\$308,890</b>
Inventory	\$48,298
<b>TOTAL ASSETS</b>	<b>\$357,188</b>
<i>Total Assets - October 31, 2022</i>	<b>\$365,806</b>

# SEPIA--2022-2023 End of Year Cash Flow Report

## SEPIA REVENUE

Category	Nov 1--22 - Oct 31 -23	2022-23 Budget	Budget Variance
<b>SPECIAL EVENTS</b>			
Breakfast Revenue	\$12,539	\$21,750	(\$9,211)
Breakfast Expense	\$8,110	\$13,175	(\$5,065)
<b>Breakfast Net Revenue</b>	<b>\$4,429</b>	<b>\$8,575</b>	<b>(\$4,146)</b>
Round Up Revenue	\$83,118	\$76,500	\$6,618
Round up Expenses	\$59,770	\$44,437	\$15,333
<b>Round Up Net Revenue</b>	<b>\$23,348</b>	<b>\$32,063</b>	<b>(\$8,715)</b>
Miscellaneous Revenue	\$1,215	\$2,425	(\$1,210)
Other Special Events Expenses	\$1,070	\$2,110	(\$1,040)
<b>TOTAL EVENTS NET REVENUE</b>	<b>\$27,922</b>	<b>\$40,953</b>	<b>(\$13,031)</b>
<b>CONTRIBUTIONS</b>			
AA Groups	\$229,640	\$220,700	\$8,940
Individual Contributions	\$20,941	\$20,980	(\$39)
Other Contributions	\$137	\$2,400	(\$2,263)
<b>TOTAL CONTRIBUTIONS (Less \$575.11)</b>	<b>\$250,143</b>	<b>\$244,080</b>	<b>\$6,063</b>
<b>LITERATURE</b>			
Literature Sales + Shipping	\$124,003	\$109,975	\$14,028
Literature Expenses <i>(Includes Inventory Adjust.)</i>	\$130,960	\$97,982	\$32,978
<b>TOTAL LITERATURE NET REVENUE</b>	<b>(\$6,956)</b>	<b>\$11,993</b>	<b>(\$18,949)</b>
Interest Plus Other Income <i>(Less \$53.57)</i>	\$1,474	\$2,017	(\$543)
<b>TOTAL GROSS REVENUE</b>	<b>\$272,583</b>	<b>\$299,043</b>	<b>(\$26,460)</b>

## SEPIA EXPENSES

Category	Nov 1--22 - Oct 31 -23	2023 Budget	Budget Variance
Share a Day	\$1,236	\$2,000	-\$764
Zones	\$3,599	\$4,995	-\$1,396
Committees	\$26,133	\$34,010	-\$7,877
Travel and Training	\$1,384	\$7,500	-\$6,116
Office Expenses and Operations	\$97,103	\$100,005	-\$2,902
Staff Salary and Benefits	\$164,040	\$182,548	-\$18,508
<b>TOTAL EXPENSES</b>	<b>\$293,495</b>	<b>\$331,058</b>	<b>-\$37,563</b>

<b>TOTAL NET REVENUE</b>	<b>(\$20,912)</b>	<b>(\$32,015)</b>	<b>\$11,103</b>
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## SEPIA FINANCIAL STATUS

**End of Fiscal Year - 2023 (October 31, 2023)**

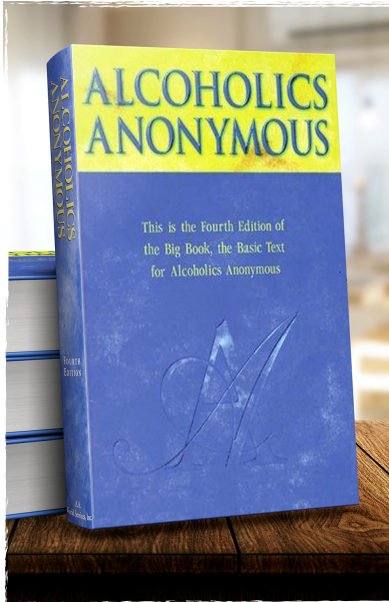
<b>Current Assets</b>	
Prudent Reserve	\$286,157
Checking, Petty Cash, Paypal	\$32,350
<b>Total Cash Assets</b>	<b>\$318,507</b>
Other Assets Including Inventory	\$47,298
<b>TOTAL ASSETS</b>	<b>\$365,806</b>



## 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	1-2-2024	7:00 PM	869 6733 4672 (Zoom)	SEPIA1903	<a href="https://us02web.zoom.us/j/86967334672?pwd=ZkwvOHYvZ3M3a2NoaHMrsGNGK1duZz09">https://us02web.zoom.us/j/86967334672?pwd=ZkwvOHYvZ3M3a2NoaHMrsGNGK1duZz09</a>	646-558-8656
WEB/TECH COMMITTEE (Hybrid)	Wednesday	1-3-2024	5:30 PM	840-2179-3007	580960	<a href="https://us02web.zoom.us/j/84021793007?pwd=SGdERXBndTlzVkhpTitEVzRqVEVrdz09">https://us02web.zoom.us/j/84021793007?pwd=SGdERXBndTlzVkhpTitEVzRqVEVrdz09</a>	646-558-8656
PRISON COMMITTEE (Hybrid)	Thursday	1-4-2024	7:00 PM	897 4545 6774 (Zoom)	SEPIA	<a href="https://us02web.zoom.us/j/89745456774?pwd=MEVuVzRiRiR1SmxLMlF3a2FLa3VuUT09">https://us02web.zoom.us/j/89745456774?pwd=MEVuVzRiRiR1SmxLMlF3a2FLa3VuUT09</a>	646-558-8656
BUCKS COUNTY ZONE	Monday	1-8-2024	7:00 PM	In Person		<b>Good Shepherd Lutheran Church, 877 Street Rd (&amp; Churchville/Knowles), Southampton 18966</b>	
CHESTER COUNTY ZONE	Monday	1-8-2024	7:00 PM	892 2781 6366 (Zoom)	266565	<a href="https://us02web.zoom.us/j/89227816366?pwd=SzBhR0pZUJlVeklzT21HZDRKRkhnZz09">https://us02web.zoom.us/j/89227816366?pwd=SzBhR0pZUJlVeklzT21HZDRKRkhnZz09</a>	646-558-8656
DELAWARE COUNTY	Monday	1-8-2024	7:00 PM	In Person		<b>Hmb Ukranian Church, 900 Fairview Rd, Swarthmore, 19081</b>	
MONTGOMERY COUNTY	Monday	1-8-2024	7:00 PM	In Person		<b>Sanctuary United Methodist Church, 1346 East Prospect Ave, North Wales 19454</b>	
PHILADELPHIA ZONE	Monday	1-8-2024	7:00 PM	In Person		<b>Philadelphia Kroc Center Salvation Army 4200 Wissahickon Ave Philadelphia 19129</b>	
ARCHIVES COMMITTEE	Tuesday	1-9-2024	7:00 PM	832 4414 8913 (Zoom)	SEPIA	<a href="https://us02web.zoom.us/j/83244148913?pwd=b2JqbmlzQ0dBOVJlRjILMDNRYy9lQT09">https://us02web.zoom.us/j/83244148913?pwd=b2JqbmlzQ0dBOVJlRjILMDNRYy9lQT09</a>	646-558-8656
ARCHIVES COMMITTEE	Saturday	1-20-2024	9:00am	In Person		<b>SEPIA Office 1903 South Broad Street 2nd Floor Philadelphia 19148</b>	
INTERPHONES	Wednesday	2-28-2024	7:00 PM	822 1987 3872 (Zoom)	SEPIA	<a href="https://us02web.zoom.us/j/82219873872?pwd=UG5VR0lvMHJTRXAvUm50QXE4Q0tNQT09">https://us02web.zoom.us/j/82219873872?pwd=UG5VR0lvMHJTRXAvUm50QXE4Q0tNQT09</a>	646-558-8656
PUBLIC INFORMATION (PI)	Wednesday	1-17-2024	7:00 PM	882 5844 9206 (Zoom)	SEPIA	<a href="https://us02web.zoom.us/j/88258449206?pwd=cWlPd2ZSUllvWHcvbndyeXA4SFAwUT09">https://us02web.zoom.us/j/88258449206?pwd=cWlPd2ZSUllvWHcvbndyeXA4SFAwUT09</a>	646-558-8656
TREATMENT FACILITIES(Hybrid)	Monday	1-15-2024	7:00 PM	881 4239 6509	805478	<a href="https://us02web.zoom.us/j/88142396509?pwd=ZU00WmFMWnRjSWt5VXJlU0t3NkZlZDZ09">https://us02web.zoom.us/j/88142396509?pwd=ZU00WmFMWnRjSWt5VXJlU0t3NkZlZDZ09</a>	646-558-8656
UNITY COMMITTEE	Tuesday	1-16-2024	7:00 PM	896 4619 2235 (Zoom)	SEPIA	<a href="https://us02web.zoom.us/j/89646192235?pwd=VTRHdXRnNjNKZmxHZXJlPjE0aGZlZDZ09">https://us02web.zoom.us/j/89646192235?pwd=VTRHdXRnNjNKZmxHZXJlPjE0aGZlZDZ09</a>	646-558-8656
FINANCE	Thursday	1-18-2024	7:00 PM	842 4075 5543 (Zoom)	SEPIA	<a href="https://us02web.zoom.us/j/84240755543?pwd=eJlZEFMTjE0aGZlZDZ09">https://us02web.zoom.us/j/84240755543?pwd=eJlZEFMTjE0aGZlZDZ09</a>	646-558-8656
SPECIAL EVENTS	Monday	1-29-2024	7:00 PM	834 2923 8954 (Zoom)	797795	<a href="https://us02web.zoom.us/j/83429238954?pwd=c2l2N05jbGFGMFPxQTl5TTdjU0FMUT09">https://us02web.zoom.us/j/83429238954?pwd=c2l2N05jbGFGMFPxQTl5TTdjU0FMUT09</a>	646-558-8656

JAN  
**6**



# CHESTNUT HILL BIG BOOK



# 7<sup>TH</sup> ANNIVERSARY

**FOOD ~ FUN ~ FELLOWSHIP**  
**9-11:30AM** (MEETING STARTS AT 10:30)

COME CELEBRATE WITH US!  
Christ Lutheran Church  
8300 Germantown Ave, Phila. PA

**WE ARE NOT A GLUM LOT!**

The 6th Annual  
**Dr. Bob's Speaker Dinner**  
Two Thousand Twenty Four

A fundraiser for Dr. Bob's Home (Akron, OH)  
Georgine's - 1320 Newport Rd | Bristol, PA 19007



**February 16, 2024**  
6pm-10pm

**Tickets \$50**

Includes full buffet dinner & drinks



**Speaker:**

TBA



**50/50s, Prizes,  
Raffle Baskets!**

**Questions? Email Us!**  
[info@drbobspeakerdinner.com](mailto:info@drbobspeakerdinner.com)

.....  
Please detach and include with your check or money order (made payable to Dr. Bob's Speaker Dinner)

Contact Name: \_\_\_\_\_

Number of People Registering With This Form: \_\_\_\_\_

Email: \_\_\_\_\_

Total Amount Paid: \_\_\_\_\_

Phone: \_\_\_\_\_

**Mail This Form Along with Payment to:**

Dr Bob's Speaker Dinner  
21 Border Rock Rd | Levittown, PA 19057

**Or Register Online:**

[drbobspeakerdinner.com](http://drbobspeakerdinner.com)

SAVE THE DATE

# PENNSCYPAA XXXV

MAY 31 TO JUNE 2

**2024**

AT

EASTERN UNIVERSITY

1300 EAGLE ROAD

ST. DAVID'S, PA 19087



# DOES YOUR HOME GROUP KNOW HOW INTERGROUP CARRIES THE AA MESSAGE?



## IF NOT - CONTACT SEPIA'S UNITY COMMITTEE

WE WOULD BE GLAD TO COME OUT TO YOUR GROUP AND EXPLAIN EVERYTHING THAT INTERGROUP DOES

- A Unity Pitch explains how Intergroup works
- A Pitch describes service opportunities on Intergroup's nine committees, it's subcommittees, and the Intergroup Office
  - Your group decides the length of the pitch

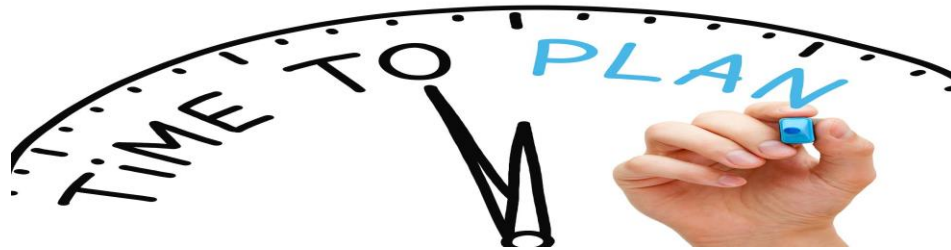
**Your group conscience is required before the Unity Committee accepts a Pitch request**

Would your group like a Unity Pitch? Just call the SEPIA office at 215-923-7900 or email [unitydirector@aasepia.org](mailto:unitydirector@aasepia.org) or [unityasstdirector@aasepia.org](mailto:unityasstdirector@aasepia.org) with the following information: Your Group's Name, the date or approximate date you would like a pitch, your telephone number or email address and best time to call or contact.

The Unity Committee meets at 7 pm on the 3<sup>rd</sup> Tuesday of every month via Zoom!

Come join us!

# 35th Annual Share A Day Planning Meeting



Join Area 59 GSR's, SEPIA members, IGR'S and general members on  
Sunday, January 7, 2024  
Time: 11:00 am to 1:00 pm

Let's plan the next "Share a Day" from the comfort of your own home!!

This is a jointly sponsored meeting by Area 59/EPGSA and SEPIA  
to plan for the next "**Share a Day**" Event

What is the job of Area and the job of SEPIA?  
Learn how both entities work and the differences.

Discussed will be the Theme, *Connecting with Love, Unity and Service*,  
Presentation topics and Responsibilities.

## Join Zoom Meeting

<https://us02web.zoom.us/j/83097137768>

Meeting ID: 830 9713 7768

Passcode: 953614

One tap mobile  
+16469313860,,83097137768#,,,,\*953614# US

Actual Share a Day Event date and location TBD  
Questions? Contact [alt-delegate@area59aa.org](mailto:alt-delegate@area59aa.org) or [Vicechairperson@aasepia.org](mailto:Vicechairperson@aasepia.org)

