



# Interviews

May

2024



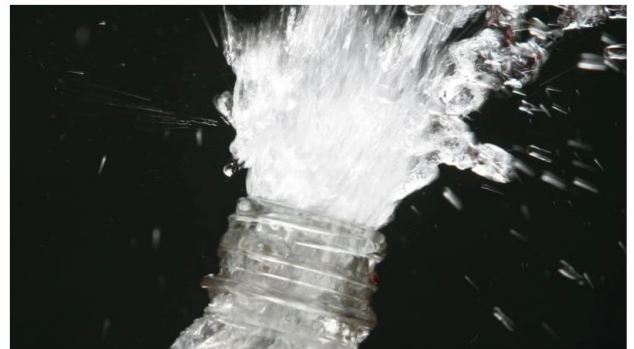
**A MEMBER SHARES**

## Pop That Top! (A Fifth Step Story)

As a newcomer, I was frightened at the thought that I was going to have to spill my guts to strangers who told me I was “as sick as my secrets.” I also heard that I couldn’t stay sober unless I did what was called A Fifth Step—asap.

It didn’t seem to register with people who had gotten through that terrible ordeal themselves that I was more than afraid to share my story. So I white-knuckled it for three whole years because I just couldn’t trust people or trust the process. I don’t know how I stayed sober that long. I couldn’t see that people around me were getting better and I was not. After a while, it became harder and harder to go to AA meetings. I felt like a bottle of pop that had been shaken hard. My contests, already under pressure, were going to burst at the first opportunity to “blow.” The people who wanted me to talk had no idea what they were asking for.

But I was scared. So at some point I decided to twist the cap of the soda bottle and see if I could release some of the gases. I sat down and actually wrote some Forth Step memories. At first it was a disorganized mess. Yet, there was truth—a first for me. I soon began to write like a crazy person whose shirttail was on fire. Stuff came out of me that I’d thought was long ago lost forever. I kept going, thank the Higher Power!



Soon my sponsor and I made an appointment to meet. I gave her my hodgepodge of notes to look at beforehand so she could try to prepare for the mess that was sure to happen when we removed my bottled-up pop cap. To her credit, she took the crappy notes with a straight face and said she would circle things she wanted to talk about. Her calm response was the first moment I thought we both might live through my Fifth Step.

*Cont’d on page 5*



**SEPIA is searching for a new part-time staff worker. This is a paid, in-office position that requires wearing many hats! See page six for more details.**

## STEP FIVE

**Admitted to God, to ourselves, and another human being the exact nature of our wrongs.**

What are we likely to receive from Step Five? For one thing, we shall get rid of that terrible sense of isolation we've always had. Almost without exception, alcoholics are tortured by loneliness. Even before our drinking got bad and people began to cut us off, nearly all of us suffered the feeling that we didn't quite belong. Either we were shy, and dared not draw near others, or we were apt to be noisy good fellows craving attention and companionship, but never getting it—at least to our way of thinking. There was always that mysterious barrier we could neither surmount nor understand. It was as if we were actors on a stage, suddenly realizing that we did not know a single line of our parts. That's one reason we loved alcohol too well. It did let us act extemporaneously. But even Bacchus boomeranged on us; we were finally struck down and left in terrified loneliness.

When we reached A.A., and for the first time in our lives stood among people who seemed to understand, the sense of belonging was tremendously exiting. We thought the isolation problem had been solved. But we soon discovered that while we weren't alone any more in a social sense, we still suffered many of the old pangs of anxious apartness. Until we had talked with complete candor of our conflicts, and had listened to someone else do the same thing, we still didn't belong. Step Five was the answer. It was the beginning of true kinship with man and God.—*Twelve Steps and Twelve Traditions*, p.57



## TRADITION FIVE

**Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.**

Often, unthinking enthusiasm puts a group off the main track. One, for instance, offered an “expanded A.A. program” that included helping newcomers to find jobs. Tradition Five doesn't frown on the individual A.A. who tells another about a good opening. But when the group turns itself into an employment agency, newcomers may get confused about their primary purpose. A.A.'s function is to help them get sober—then they can find work for themselves.



**I am responsible.**  
**When anyone, anywhere,**  
**reaches out for help, I want**  
**the hand of A.A. always to be there**  
**And for that: I am responsible.**

Using discretion, a member may lend a few dollars needed or a meal or a hotel room, or may even invite a broke alcoholic to be a temporary houseguest. But the A.A group as a whole is not a friendly finance company, nor a welfare department, nor a housing bureau.—*The Twelve Traditions Illustrated, The Fifth Tradition*

# CONCEPT V (Long Form)

**Throughout our world services structure, a traditional “Right of Appeal” ought to prevail, thus assuring us that minority opinion will be heard and that petitions for the redress of personal grievances will be carefully considered.**

Newcomers to A.A.’s General Service Conference are often surprised at the pains taken by the presiding officer to make sure the minority has a second opportunity to present its views. Even after extensive debate on an issue, followed by vote in which a substantial unanimity” is reached, those opposed are polled individually to see if they wish to speak further to their minority view. In fact, numerous instances can be cited in which this minority view is so compelling the Conference has then reversed itself.



This is A.A.’s “Right of Appeal” in action, and Bill W. says the same principle should apply to meetings of our area committees, trustee committees and boards. On an issue of brave importance, the minority has the actual *duty* of presenting its views.

This “Right of Appeal” recognizes that minorities frequently be right; that even when they are in error they still perform a most valuable service when they compel a through-going debate on important issues. The well-heard minority, therefore, is our chief protections against an uninformed, misinformed, hasty or angry majority.

This Concept also warns us of “the tyranny of the majority” and points out that in A.A., a simple majority is seldom sufficient basis for a decision. That’s why we usually require at least a two-thirds majority. Lacking this it is preferable to delay the decisions; or in the case of an elections following the “Third Legacy Procedure,” to “go to the hat.” (See *Service Manual*, Chapter I.)—*The Twelve Concepts for World Service Illustrated*



**Southeastern Pennsylvania Intergroup Association invites YOU to participate in carrying the message! There are so many ways you can be of service.**

**Can you:**

**Committee**

<b>Speak at a prison?</b>	<b>Prisons</b>
<b>Sponsor a prisoner-take him through the steps?</b>	<b>Prisons</b>
<b>Be a Temporary Contact for a prisoner being released?</b>	<b>Prisons</b>
<b>Speak at a Treatment Facility?</b>	<b>Treatment</b>
<b>Take commitments that haven't been filled by IGR's?</b>	<b>Treatment</b>
<b>Host a treatment facility meeting (in case speakers don't show)?</b>	<b>Treatment</b>
<b>Answer Twelve-Step calls during the weekday?</b>	<b>Office</b>
<b>Answer Twelve-Step calls after hours from your own phone?</b>	<b>Interphones</b>
<b>Staff a booth at a Health Fair, put Big Books in libraries?</b>	<b>Public Information</b>
<b>Speak at schools?</b>	<b>Public Information</b>
<b>Take medical/nursing students to Open A.A. Meetings via Zoom?</b>	<b>CPC</b>
<b>Help plan events like the Round-Up, Breakfast, Share-A-Day?</b>	<b>Special Events</b>

## A MESSAGE FROM THE COOPERATION WITH THE PROFESSIONAL COMMUNITY (CPC) COMMITTEE:

We have received a letter from a psychiatrist who regularly works with alcoholics in his professional life and is a past trustee (nonalcoholic) of the General Service Board of A.A.. The letter is titled *An Open letter to Health Care Professionals* and is addressed “Dear Colleague”. It is intended for any health professional that encounters sick and suffering alcoholics in their line of work. It describes A.A., talk about what it does, what it doesn’t do, and lists resources that A.A. provides for health care professionals who treat alcoholics, as well as resources for problem drinkers themselves.

You will find a copy of this letter on page 12 of this newsletter.

Do you think your doctor, nurse practitioner, or other health care provider could benefit from this information? If so, please carefully remove the page from your newsletter and bring it to them, or download a fresh copy from <https://www.aasepia.org/news/news-interviews/>. Or call the office at 215-923-7900.

Alcoholics  
Anonymous®

## 2022 Membership Survey



### Who are A.A. Members Today?

More than 6,000 A.A. members were randomly selected and surveyed in 2022 by the General Service Office for the U.S. and Canada. The Membership Survey, which has been conducted periodically since 1968, provides a snapshot of the A.A. fellowship and its members. This survey is not a census. The survey results may be of interest to the professional community, the media, and the general public – anyone who wants to know more about A.A. in keeping with the primary purpose of A.A. to carry the message to those who suffer from alcoholism.

#### When did you have your last drink?

23% LESS THAN A YEAR

20% BETWEEN 1-5 YEARS

13% BETWEEN 5-10 YEARS

16% BETWEEN 10-20 YEARS

28% MORE THAN 20 YEARS

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*Cont'd from page 5*

The day we met was sunny and Springy. We sat on a park bench along the Delaware River. I wondered if I might leap into the river and drown myself if things went badly, but she assured me it going to be AOK. We said the Serenity Prayer and she twisted my bottle cap off a bit by plunging into my notes and asking questions. The experience was intense. We could have been on a park bench on the moon for all I knew. Things spewed out unedited. And best of all, I learned that my soda bottle does have a bottom.

The other thing I learned was that I actually recognized whether I was telling the truth or fabricating some lies (which I had always been good at, since I loved a good story.) My sponsor asked questions about the questionable things I said, and through that long afternoon she helped me to sort everything out. Soon I reached the bottom of my bottle.

Gratitude that my sponsor didn't quit on me in the middle of the mess I'd handed her was the only sticky residue of that afternoon on the park bench by the river. Her gift to me of her time and patience was priceless. God bless my sponsor, Nancy.—Becky G, Greater Levittown, PA

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## OUT OF AREA EVENTS

**THE LITERATURE COMMITTEE OF DISTRICT 6 AREA 15 (Florida) PRESENTS: LEGACIES IN LITERATURE A.A. COMES OF AGE TRADITION WORKSHOP (Online):** Explore the 2nd legacy of Unity in the traditions. Zoom ID: 991 593 8471 Passcode 615. Mondays 2/12 to 5/27. 8 PM.

**“MAY THE 4TH BE WITH YOU” BINGO PRESENTED BY Delaware Young People in A.A. (DEYPAA)** Limestone Presbyterian Church 3201 Limestone Rd Wilmington DE 19808. Saturday May 4 Doors 2:30 PM Speaker 3 PM Bingo & Potluck after. \$2/card or \$10 for 8 cards.

**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>.

**67th ANNUAL EASTERN PENNSYLVANIA GENERAL SERVICE CONVENTION & ASSEMBLY (EPGSA)** Friday to Sunday November 8-10. Wyndham Lancaster Resort 2300 Lincoln Highway E, Lancaster 17602. This is an election year for your next Area 59 Delegate! Join us to elect a new panel of officers to serve A.A. in Eastern PA.

**DELAWARE YOUNG PEOPLE IN A.A. Presents FIRST ANNUAL CONFERENCE:** The First State's First YPAA Conference. Friday-Sunday September 27-29. Sheraton Downtown 422 Delaware Ave Wilmington, DE 19801. Pre-register now at <http://tinyurl.com/deypacon24>.

**FELLOWSHIP OF THE SPIRIT CONFERENCE 2024-** July 25-28 in Estes Park, Colorado. Visit the website at [www.fots.com](http://www.fots.com) for more information. Registration is \$55.00 for the entire weekend.

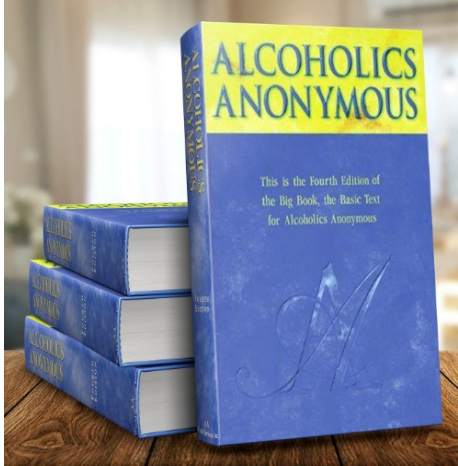
**2024**

***SEPIA  
Sound-Off!***



**If your home group has to close its doors for good, please let us know a.s.a.p. so that we can update our meeting list and the Meeting Guide app.**

**Got leftover books? SEPIA will pass them on to groups and/or members that can't afford them! Call 215-923-7900 weekdays between 10 am-4 pm.**



**SEPIA IS SEEKING A PART-TIME STAFF WORKER**

SEPIA is seeking a technology-savvy A.A. member to join our dedicated office staff to help us carry the message in today's connected world.

Must be comfortable working with Microsoft Office products including Word and Excel (Publisher a plus!), have strong written and verbal communication skills, Familiarity with Quickbooks a plus. The number of days and hours is somewhat flexible. Contact Fran G. at 215-923-7900 or email [manager@aasepia.org](mailto:manager@aasepia.org).

## EVENTS WITHIN THE FIVE-COUNTY AREA

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

### SAVE THE DATE!

**Sunday June 23: SEPIA UNITY PICNIC 2024** Neshaminy State Park Pavilion No. 1 State Road at Dunks Ferry Road, Bensalem 19020. Hamburgers, hot dogs, soda, water, & coffee. Bring a covered dish to share. Kid & pet friendly; swimming pool for \$12 a person; fishing. Noon to 5 pm, **open A.A. meeting at 2 PM.** Rain or shine!

**Saturday May 4: EGO-DEFLATION WORKSHOP PRESENTED BY DISTRICT 51 (Lower Bucks County)** St James Episcopal Church 330 S Bellevue Ave, Langhorne 19047. **11 AM to 3 PM.** Dive into a day of self-discovery, engaging fellowship, and a Lunch & Learn session. Don't miss this opportunity to deflate the ego and elevate personal growth! See you there!



**Sunday May 5: TACOS & TALENT PART DOS ON CINCO DE MAYO SPONSORED BY PENNSCYPAA 35 HOST—Meeting, taco buffet & collection of live performances** Bethlehem Baptist Church 712 Penllyn Pike Spring House 19477. Doors 3:30 PM **Meeting 4 PM** Food & performances after the meeting. Interested in performing? Email: [pennscypaa35host@gmail.com](mailto:pennscypaa35host@gmail.com). Pre-registration \$20 using QR code or \$25 at the door.

**Monday May 6: KEEP IT SIMPLE LADIES GROUP'S 10th ANNIVERSARY** St George's Church 1 West Ardmore Ave Ardmore 19003. Food, fun, & fellowship; desserts and appetizers welcome! Food 7:00 PM **Speaker 7:30 PM.**

**Friday May 10: STEPPING OUT GROUP'S 10TH ANNIVERSARY** St Mark's Lutheran Church 508 Harry Street Conshohocken 19428. Parking in lot across the street. 6 PM Food & fellowship 7 PM **A.A & Al-Anon speakers.**

**Saturday May 11: Mini-ASSEMBLY 1—HOSTED BY DISTRICT 29: Delegates Conference Report.** Good Shepherd Lutheran Church 132 E. Valley Forge Rd King of Prussia 19406. **10 to 2:30 PM.** Registration 9 AM. All A.A. members welcome. Lunch provided. Become informed!!

**Saturday May 18: I AM RESPONSIBLE WORKSHOP** on "THE HAND OF A.A." and "THE NATURE OF OUR RESPONSIBILITY" (HYBRID) First Baptist Church 415 West State Street Kennett Square 19348 **11 AM to 2:30 PM.** Lunch at Noon. Zoom ID 805 036 8674.

**Saturday to Sunday May 18 & 19: XV CONVENCION HISPANA DE AA DE PENNSYLVANIA** Clarion Hotel International Airport 79 Industrial Hwy Essington PA 19029. Registration **Saturday 3 PM Sunday 8 AM.** Information / Informacion: Jose B 267-262-1927, Balvino 484-501-1220.

**Thursday May 23: HOPE GROUP'S 45TH ANNIVERSARY** Old Pine Street Presbyterian Church 412 Pine Street Philadelphia 19106. **12 PM.**

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

**Thursday June 20: OLNEY-LAWNDALE'S 75TH ANNIVERSARY** St Paul's Lutheran Church 5918 N 5th Street Philadelphia 19120. Food at 6 pm Newcomer and Long-Timer Speakers 7 pm.

## NEW MEETINGS AND MEETING CHANGES

**SUNSET SUNDAYS—WOMEN'S STEP STUDY GROUP/SPEAKER MEETING** Woodside Church 1667 Edgewood Rd Yardley 19067. **7:30 PM** (Launched April 21).

**Changes: The YMCA DOYLESTOWN MEETING** is not in the actual YMCA Bldg. It is located in **Building #2** at the end of the parking lot.

# May Literature Spotlight

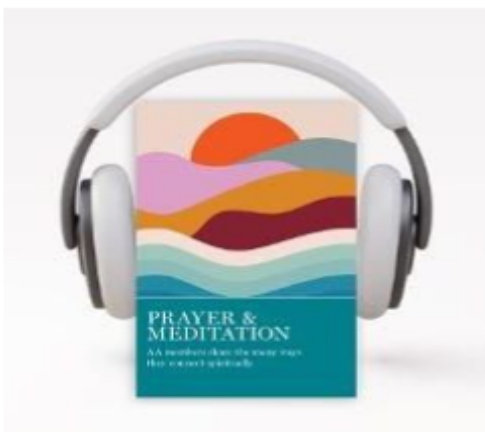


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The International Journal of Alcoholics Anonymous

NEW BOOK!  
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***Our Twelve Steps*** is a brand-new collection of stories from A.A. members about the joys and challenges of working the program's Twelve Steps of recovery. Each chapter illuminates a different Step through the experiences of a wide variety of A.A. members. This volume features all-new, up-to-date stories from the pages of *Grapevine*, the International Journal of Alcoholics Anonymous. Great for sponsees and A.A. Step meetings! Available in English (only). \$13.99

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## SEEN AROUND THE WEB

Dear wine memes,  
I don't need to drink to  
survive motherhood.

---

It's simple, not necessarily easy  
but, the rewards are endless.

Alcoholics Anonymous



## Round-Up Recap 2024

This year's Round-Up was held March 8-10 at the Grand Hotel in Cape May. Over **900** registered participants filled the halls of the hotel and enjoyed round-the-clock (including beach meetings), dances, ice-cream socials, and, of course fellowship. There was a banquet on Saturday night for **216** members who bought a ticket. This year's hoodies and t-shirts came in the color of Carolina Blue, and proved very popular, especially the pull-over style!

Of course, the purpose of the Round-Up isn't just to provide an unforgettable experience for members. It is also SEPIA's biggest fundraiser of the year, and the proceeds from it go to support our work in carrying the message to the next sick and suffering alcoholic through the efforts of the office and the Twelve-Step committees. This year we made approximately **\$27,420** after all the bills were paid. We are so grateful!

Thank you to all the volunteers who played a part in making the Round-Up a success, including those at Registration, Merch Sales, and Raffle Sales. Special mention to the coffee makers, all the groups who provided food for the hospitality suite, and the members who staffed the tables—you provided the fuel that kept us running all weekend!

See you all next year!



**SAVE THE DATE:  
The 2025 Round-  
Up will be held:  
March 6-9, 2025  
at the Grand Hotel**

We have some leftover t-shirts, zip-up hoodies, and pullovers left over from this year's Round-Up. Now at discounted prices! Please contact the office at 215-435-8039 for prices and sizes.

**Limited sizes are available.**



# THIS MONTH IN A.A. HISTORY

\*\*\* MAY \*\*\*

**May 1, 1937:** Bill and Lois W. lost their home at 182 Clinton St., Brooklyn. Bill W. was over two years sober at the time. They would move over 50 times before finally landing at the Stepping Stones house in Katonah, NY in 1941. Today that house is a museum open to the public.



**May 1, 1940:** Rollie H., aka “Rollicking Rollie,” a Major League baseball player whose drinking got him kicked out of four different baseball clubs before he got sober, announced his A.A. membership to the national press. This ignited a heated discussion among the fellowship about the pros and cons of anonymity in the press, eventually giving rise to Tradition Eleven.

**May 4, 1946:** Marty M., one of the first women to get sober in A.A., went on *We The People*, one of the first televised talk shows, to discuss Alcoholics Anonymous and the National Committee for Education on Alcoholism, which she founded. It still exists today under another name.

**May 6, 1946:** The long form of the *Twelve Traditions* was first published in the *AA Grapevine*.

**May 11, 1935:** In the Mayflower Hotel in Akron, Ohio, a newly sober Bill W. was fighting the urge to drink. He found a phone booth and called religious personnel looking for an alcoholic to work with. He was eventually referred to Henrietta Seiberling, an Oxford Group member, who introduced Bill to Dr. Bob. The rest, so to speak, was history!

**May 12, 1935:** Bill W. and Dr. Bob met for the first time in Akron, Ohio, in the home of Henrietta Seiberling. Their conversation, which was only supposed to last minutes, lasted for hours. After talking to Bill, Dr. Bob stopped drinking and invited Bill to stay at his home. That year May 12th was Mother’s Day, the same as it is this year!



**May 17, 1942:** The Dayton Journal Herald published an article about A.A., with pictures of A.A. members wearing masks to protect their anonymity.

**May 19, 2000:** Dr. Paul O. died at the age of 83. His story, *Doctor, Alcoholic, Addict*, was retitled *Acceptance Was the Answer* in the Fourth Edition of the Big Book. It is one of the most quoted stories from the Big Book to this day. In addition, he wrote two books called *There’s More to Quitting Drinking than Quitting Drinking* and *You Can’t Make Me Angry* detailing what he learned in A.A.

**May 29, 1980:** *Dr. Bob and the Good Oldtimers*, the official biography of the A.A. co-founder, which includes a history of A.A. in its early days in the Midwest, was published.

**May 31, 1938:** Bill W. and other A.A.’s began writing the Big Book to help carry the message of recovery all over the country.



## Acceptance is the Answer

from page 417 of  
*The Big Book of Alcoholics Anonymous*



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

## Get involved and make a difference!



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

<p><b>Archives</b> 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 – May 14 at 7 pm Saturday – May 18 at 9 am for Preservation Work</p>
<p><b>Cooperation With The Professional Community (CPC)</b> Helps police, medical, and other professionals understand what A.A. is and how it can help their clients.</p>	<p>Monday – May 6 7 pm</p>
<p><b>Finance</b> Makes recommendations to the Steering Committee and SEPIA office how best to spend Seventh Tradition donations.</p>	<p>Thursday – May 16 7 pm</p>
<p><b>Interphones and Helping Unite the Sick, Shut-in, Hospitalized and Homebound (HUSSSH) (Meets even months only)</b> Interphones ensures that A.A. is always there by taking calls when the office is closed. HUSSSH takes meetings to those unable to attend them.</p>	<p>No meeting this month (last Wed. of even months) 7 pm</p>
<p><b>Prisons and Temporary Contact</b> 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 – May 2 7 pm</p>
<p><b>Public Information (PI)</b> Conveys information about A.A. to the general public through flyers, mailings, radio spots, health fairs, etc.</p>	<p>Wednesday – May 15 7 pm</p>
<p><b>Special Events</b> Plans the annual spring Round-Up, the Share-A-Day event, Breakfasts and more.</p>	<p>Monday – May 27 7 pm</p>
<p><b>Treatment Facilities (TF) and Bridging the Gap</b> 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 – May 20 7 pm</p>
<p><b>Unity</b> Provides information about service opportunities outside the homegroup to groups when invited; plans summer picnic and fall workshop.</p>	<p>Tuesday – May 21 7 pm</p>
<p><b>Web/Tech Ad Hoc Committee</b> 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 – May 8 5:30 pm</p>



Find an AA Meeting



Need Help With a Drinking Problem



Information for Healthcare Workers



6-minute Video for Healthcare Workers

## An Open Letter to Health Care Professionals

Contact AA in Philadelphia 24-hours a day 215-923-7900

Dear Colleague,

As physicians and mental health providers, we routinely recognize alcoholics through screening measures, physical and laboratory findings, social history, or concerns raised by family, friends, and employers. Please keep in mind that a referral to Alcoholics Anonymous (A.A.) can be a life-saving event for those with an alcohol use disorder.

There are over two million members of A.A. and over 65,000 groups in the U.S. and Canada and A.A. activity exists in approximately 180 countries. Not only are A.A. meetings easy to locate in almost all areas, but the only requirement for membership in A.A. is a desire to stop drinking. A.A. does not offer a "cure" for alcoholics, but rather a continuing process of recovery through the Twelve Steps of Alcoholics Anonymous and not drinking one day at a time.

A.A. allows alcoholics to share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. As a psychiatrist engaged in the diagnosis and treatment of patients with alcohol use disorders and a past trustee (nonalcoholic) of the General Service Board of Alcoholics Anonymous, I have seen the process of a sustained recovery facilitated by A.A. happen literally thousands of times.

Referring patients to A.A. is as simple as having them go to this section of the A.A. website: [Need Help With a Drinking Problem](#).

A brief overview of A.A. written for [health care professionals](#) can be found on the [information for professionals](#) page at [www.aa.org](http://www.aa.org).

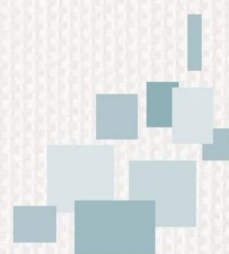
As a healthcare professional, you are in a key position to provide guidance, education, and support for the still-suffering alcoholic. Thank you for your interest in A.A. and willingness to help.

Sincerely,

**John A. Fromson, M.D.**

Vice Chair for Community Psychiatry, Brigham and Women's Hospital  
Chief of Psychiatry, Brigham and Women's Faulkner Hospital  
Associate Professor of Psychiatry, Harvard Medical School

F-210





## 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	5-6-2024	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	5-8-2024	5:30 PM	840-2179-3007 (Zoom)	580960	<a href="https://us02web.zoom.us/j/82048001938?pwd=T1Vkt1JwVTA3VnlEbEZ4d3FRWXFxdz09">https://us02web.zoom.us/j/82048001938?pwd=T1Vkt1JwVTA3VnlEbEZ4d3FRWXFxdz09</a>	646-558-8656
PRISON COMMITTEE (Hybrid)	Thursday	5-9-2024	7:00 PM	897 4545 6774 (Zoom)	SEPIA	<a href="https://us02web.zoom.us/j/89745456774?pwd=MEVvuVzRiRiR1SmxLMIF3a2FLa3VuUT09">https://us02web.zoom.us/j/89745456774?pwd=MEVvuVzRiRiR1SmxLMIF3a2FLa3VuUT09</a>	646-558-8656
BUCKS COUNTY ZONE	Monday	5-13-2024	7:00 PM	In Person		<b>Good Shepherd Lutheran Church, 877 Street Rd (&amp; Churchville/Knowles), Southampton 18966</b>	
CHESTER COUNTY ZONE	Monday	5-13-2024	7:00 PM	816 0449 5799 (Zoom)	266565	<a href="https://us02web.zoom.us/j/81604495799?pwd=eGJyOUNrZjMxdDZzQWVhBdUd3T3FJdz09">https://us02web.zoom.us/j/81604495799?pwd=eGJyOUNrZjMxdDZzQWVhBdUd3T3FJdz09</a>	646-558-8656
DELAWARE COUNTY	Monday	5-13-2024	7:00 PM	In Person		<b>Hmb Ukranian Church, 900 Fairview Rd, Swarthmore, 19081</b>	
MONTGOMERY COUNTY	Monday	5-13-2024	7:00 PM	In Person		<b>Sanctuary United Methodist Church, 1346 East Prospect Ave, North Wales 19454</b>	
PHILADELPHIA ZONE	Monday	5-13-2024	7:00 PM	In Person		<b>Philadelphia Kroc Center Salvation Army 4200 Wissahickon Ave Philadelphia 19129</b>	
ARCHIVES COMMITTEE	Tuesday	5-14-2024	7:00 PM	832 4414 8913 (Zoom)	SEPIA	<a href="https://us02web.zoom.us/j/83244148913?pwd=b2JqbmlzQ0dBOVJURjILMDNRYy9lQT09">https://us02web.zoom.us/j/83244148913?pwd=b2JqbmlzQ0dBOVJURjILMDNRYy9lQT09</a>	646-558-8656
ARCHIVES COMMITTEE	Saturday	5-18-2024	9:00am	In Person		<b>SEPIA Office 1903 South Broad Street 2nd Floor Philadelphia 19148</b>	
INTERPHONES	Wednesday	6-26-2024	7:00 PM	822 1987 3872 (Zoom)	SEPIA	<a href="https://us02web.zoom.us/j/82219873872?pwd=UG5VR0lvMHJTRXAvUm5OQXE4Q0tNQT09">https://us02web.zoom.us/j/82219873872?pwd=UG5VR0lvMHJTRXAvUm5OQXE4Q0tNQT09</a>	646-558-8656
PUBLIC INFORMATION (PI)	Wednesday	5-15-2024	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	5-20-2024	7:00 PM	881 4239 6509 (Zoom)	805478	<a href="https://us02web.zoom.us/j/88142396509?pwd=ZU00WmFMWnRjSWt5VXJlUkVJU3NBdExtZz09">https://us02web.zoom.us/j/88142396509?pwd=ZU00WmFMWnRjSWt5VXJlUkVJU3NBdExtZz09</a>	646-558-8656
UNITY COMMITTEE	Tuesday	5-21-2024	7:00 PM	896 4619 2235 (Zoom)	SEPIA	<a href="https://us02web.zoom.us/j/89646192235?pwd=VTRHdXRnNjNKZmxHZXJPeTltaGZNUt09">https://us02web.zoom.us/j/89646192235?pwd=VTRHdXRnNjNKZmxHZXJPeTltaGZNUt09</a>	646-558-8656
FINANCE	Thursday	5-16-2024	7:00 PM	842 4075 5543 (Zoom)	SEPIA	<a href="https://us02web.zoom.us/j/84240755543?pwd=ejJlZEFMTjEENDR6cHUxVmF1ci9DZz09">https://us02web.zoom.us/j/84240755543?pwd=ejJlZEFMTjEENDR6cHUxVmF1ci9DZz09</a>	646-558-8656
SPECIAL EVENTS	Monday	5-27-2024	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

# May 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
	All A.A. Members are welcome at any meeting except those marked "Closed".		1	2 Temporary Contact & Prison Committee 7 PM	3 SEPIA Noon Meeting 12 PM	4
5	6 CPC Committee 7 PM	7	8 Website Tech 5:30 PM Steering 7 PM (Closed)	9	10 SEPIA Noon Meeting 12 PM	11
12	13 All Five County Zone Meetings 7 PM (see below for locations)	14 Archives Committee 7 PM	15 PI Committee 7 PM	16 Finance Committee 7 PM	17 SEPIA Noon Meeting 12 PM	18 Archives Preservation 9 AM
19	20 Treatment & Bridging The Gap Committees 7 PM	21 Unity Committee 7 PM	22	23	24 SEPIA Noon Meeting 12 PM	25
26	27 Special Events Committee 7 PM	28	29	30	31	

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

**Chester County (Online):** Zoom ID: 816 0449 5799 / 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

# SEPIA Group Donations

Through April 24, 2024

Date	Name	Original Amount	Balance
03/31/2024	10 at 10_30 Group	125.00	125.00
04/03/2024	562 Group	200.00	200.00
03/28/2024	A Design for Living	305.16	305.16
04/24/2024	A New Freedom	488.14	488.14
04/05/2024	AA Kindergarten	165.00	165.00
04/09/2024	Alive & Kicking	308.00	308.00
04/05/2024	Ambler Group	229.50	229.50
03/25/2024	Any Length	165.50	165.50
04/05/2024	Brenda C	34.00	34.00
03/28/2024	Bustleton Group	75.00	75.00
04/09/2024	Candy S	16.50	16.50
04/15/2024	Charity	143.00	143.00
04/15/2024	Church Street Group	61.00	61.00
04/08/2024	Colin G	87.00	87.00
03/25/2024	Conscious Contact	60.00	60.00
04/05/2024	Daily Progress	250.00	250.00
04/09/2024	Daily Reflections	26.25	26.25
04/14/2024	David L	10.00	10.00
03/26/2024	Dennis B	21.00	21.00
04/02/2024	Downingtown BBSS	184.38	184.38
04/09/2024	Early Birds Bryn Mawr	802.95	802.95
04/03/2024	Every Night is Friday Night	50.00	50.00
04/18/2024	Expect A Miracle	900.00	900.00
04/05/2024	Experience Strength & Hope	319.50	319.50
04/16/2024	First Day Big Book	100.00	100.00
04/04/2024	First Step Group	300.00	300.00
04/05/2024	Flourtown 830	165.00	165.00
04/05/2024	Flourtown Six	165.00	165.00
04/05/2024	Flourtown Womens	165.00	165.00
03/31/2024	Franklintown	200.00	200.00
04/09/2024	Freedom in the Park	95.55	95.55
04/10/2024	FTTS	20.00	20.00
04/09/2024	Gas Works	300.00	300.00
04/09/2024	Gas Works	100.00	400.00
04/09/2024	God As I Understand Him	625.00	625.00
04/24/2024	Grove Group	50.00	50.00
04/01/2024	H.O.W. Group	250.00	250.00
04/05/2024	Hartsville Courtyard Group	500.00	500.00
04/05/2024	Hilltown Saturday Night	250.00	250.00
04/05/2024	HOD Online Group	478.89	478.89
03/28/2024	Hope Group Online	210.00	210.00
04/15/2024	It Works It Really Does	200.00	200.00
04/17/2024	Jack Z	100.00	100.00
03/28/2024	JAM	50.00	50.00
04/10/2024	Jennifer S	30.00	30.00
04/10/2024	Julianne W	10.00	10.00
04/05/2024	Kathleen C	25.00	25.00

# SEPIA Group Donations

Through April 24, 2024

04/12/2024	KC T	5.00	5.00
04/05/2024	Keep It Green	165.00	165.00
03/28/2024	Keep It Simple	50.00	50.00
04/15/2024	Langhorne Action	238.80	238.80
04/24/2024	Langhorne Sunrisers	102.00	102.00
04/18/2024	Leona F	40.65	40.65
03/28/2024	Lifeline	100.00	100.00
04/09/2024	Living Sober Bucks County	200.00	200.00
04/09/2024	Malvern Center Wake Up Group	548.00	548.00
04/06/2024	Marion W	5.00	5.00
03/28/2024	Marshallton Group	200.00	200.00
04/15/2024	Media First Things First	480.00	480.00
04/08/2024	Megan J	1.00	1.00
04/24/2024	Mid Day Miracles Group	371.54	371.54
04/18/2024	Mike G	25.00	25.00
04/24/2024	Morning Miracles	214.50	214.50
03/28/2024	Morrell Park Womens	100.00	100.00
04/15/2024	Narberth Midday	800.00	800.00
04/11/2024	New Chester Group	30.00	30.00
04/09/2024	No More Tears	50.00	50.00
04/02/2024	NUTS	150.33	150.33
03/28/2024	One Day At A Time (Westchester)	75.00	75.00
03/25/2024	Paoli Group	372.07	372.07
03/28/2024	Pottstown Group	150.00	150.00
04/03/2024	Renaissance Group	189.00	189.00
03/28/2024	Riverside Group	200.00	200.00
04/23/2024	Rule 62	200.00	200.00
04/03/2024	Russian Speaking-Vlad S	150.00	150.00
04/05/2024	Saturday Serenity	250.00	250.00
04/05/2024	Scott Blackburn	10.00	10.00
03/28/2024	Serenity (GNE)	250.00	250.00
04/05/2024	Simple at Seven	165.00	165.00
03/28/2024	Sober at Six	250.00	250.00
04/16/2024	Step 11 Meditation	107.50	107.50
04/05/2024	Step by Step	150.00	150.00
04/20/2024	Steps we Took	186.00	186.00
04/15/2024	Sunlight of the Spirit	25.00	25.00
04/03/2024	Survivors - Online	50.00	50.00
03/29/2024	Suzanne R S	5.00	5.00
04/15/2024	Swarthmore Big Book	250.00	250.00
04/05/2024	Teresa K	200.00	200.00
03/28/2024	The Wawa Group	25.00	25.00
04/24/2024	The Wawa Group	25.00	50.00
04/05/2024	Top of the Hill	40.14	40.14
04/05/2024	WAAL	250.00	250.00
04/05/2024	Walter B	50.00	50.00
04/05/2024	Warrington Monday Nigthers	200.00	200.00
04/18/2024	Warrington Monday Nigthers	200.00	400.00



# SEPIA Group Donations

Through April 24, 2024

03/28/2024	Wednesday Women Beginners	225.00	225.00
04/05/2024	Weekenders	165.00	165.00
04/24/2024	West Oak Lane	191.00	191.00
04/23/2024	Whatever It Takes	224.00	224.00
04/05/2024	willow Grove Group - 112311	100.00	100.00
03/28/2024	Wyndmoor Noon	500.00	500.00
<b>TOTAL</b>			<b>19,247.85</b>

## SEPIA Financial - Cash Flow Report - March 2024

### SEPIA REVENUE

Category	Mar-24	Cumulative 2023- 2024	2023-2024 Budget
<b>SPECIAL EVENTS</b>			
BINGO Revenue			\$10,100
BINGO Expenses			(\$1,650)
<b>BINGO Net Revenue</b>	\$0	\$0	<b>\$8,450</b>
Breakfast Revenue			\$15,500
Breakfast Expense			(\$9,080)
<b>Breakfast Net Revenue</b>	\$0	\$0	<b>\$6,420</b>
Round Up Revenue	\$34,033	\$67,237	\$81,050
Round up Expenses	(\$37,466)	(\$39,792)	(\$40,025)
<b>Round Up Net Revenue</b>	<b>(\$3,433)</b>	<b>\$27,445</b>	<b>\$41,025</b>
Other Special Events Expenses	(\$1)	(\$25)	(\$640)
<b>TOTAL EVENTS NET REVENUE</b>	<b>(\$3,434)</b>	<b>\$27,420</b>	<b>\$55,255</b>
<b>CONTRIBUTIONS</b>			
AA Groups	\$14,029	\$95,810	\$210,300
Individual Contributions	\$305	\$8,941	\$16,800
Other Contributions	\$568	\$668	
<b>TOTAL CONTRIBUTIONS (Less Merchant fes)</b>	<b>\$14,831</b>	<b>\$105,073</b>	<b>\$227,100</b>
<b>LITERATURE</b>			
Literature Sales + Shipping	\$14,677	\$53,742	\$119,460
Literature Expenses (Includes Inventory Adjust.)	(\$11,122)	(\$41,970)	(\$92,760)
<b>TOTAL LITERATURE NET REVENUE</b>	<b>\$3,554</b>	<b>\$11,772</b>	<b>\$26,700</b>
<b>INTEREST PLUS OTHER INCOME</b>	<b>\$417</b>	<b>\$2,879</b>	<b>\$2,220</b>
<b>TOTAL REVENUE</b>	<b>\$15,368</b>	<b>\$147,144</b>	<b>\$311,275</b>

### SEPIA EXPENSES

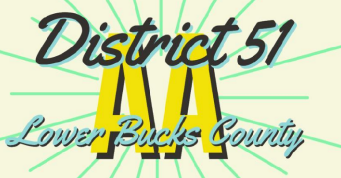
Category	Mar-24	Cumulative	2024
Share a Day	\$0	\$0	\$600
Zones	\$250	\$1,170	\$3,450
Committees	\$5,500	\$9,713	\$44,720
Travel and Training	\$0	\$0	\$5,000
Office Expenses and Operations	\$5,654	\$42,674	\$91,035
Staff Salary and Benefits	\$13,543	\$68,920	\$181,200
<b>TOTAL EXPENSES (Includes Adjustments)</b>	<b>\$24,947</b>	<b>\$122,452</b>	<b>\$326,005</b>
<b>TOTAL NET REVENUE</b>	<b>(\$9,579)</b>	<b>\$24,692</b>	<b>(\$14,730)</b>

### SEPIA FINANCIAL STATUS

March 31, 2024

<b>Current Assets</b>	
Prudent Reserve	\$288,177
Checking, Petty Cash, Paypal	\$72,329
<b>Total Current (Cash) Assets</b>	<b>\$360,506</b>
Other assets including Inventory (Literature)	\$57,300
<b>TOTAL CURRENT ASSETS (March 31, 2024)</b>	<b>\$417,806</b>

**\*\* FOR A COPY OF THE FULL FINANCIALS, VISIT THE SERVICE TEAMS TAB,  
FINANCE SECTION OF [AASEPIA.ORG](http://AASEPIA.ORG)**



## EGO Deflation Workshop

When: May 4, 2024

Time: 11 am to 3 pm

Location: St James Episcopal Church  
330 S Bellevue Ave, Langhorne, PA 19047

Join us for a transformative Ego Deflation Workshop! Dive into a day of self-discovery, accompanied by delicious food, engaging fellowship, and a Lunch and Learn session.

Embrace the journey towards service in your sobriety. Don't miss this opportunity to deflate the ego and elevate personal growth. See you there!

# PENNSCYPAA 35 HOST INVITES YOU TO JOIN OUR TACOS & TALENT

Part Dos on  
**CINCO DE MAYO**



## MEETING, TACO BUFFET & COLLECTION OF LIVE PERFORMANCES

May 5, 2024 at Bethlehem Baptist Church  
712 Penllyn Pike, Spring House PA 19477

Doors open at 3:30pm. Meeting starts at 4pm

Tacos & Talent following the meeting

Pre-Register for \$20

Door Price \$25

Get \$5 if under a year sober



Interested in performing? Reach out to us at  
[pennscypaa35host@gmail.com](mailto:pennscypaa35host@gmail.com) or when you pre-register

## KEEP IT SIMPLE LADIES GROUP

MONDAY May 6th, 2024

10th ANNIVERSARY MEETING



Fun, Food & Fellowship @ 7 PM

Speaker @ 7:30

St. George's Episcopal Church

1 W. Ardmore Ave.

(Corner of Darby Rd. and Ardmore Ave.)

Ardmore, PA 19033

Desserts and appetizers are welcome.



## Help Us Celebrate! Friday Night Stepping Out Group

10th Anniversary!

Friday, May 10th

6:00 PM: Food and Fellowship

7:00 PM: A.A. and Al-Anon Speakers

St. Mark's Lutheran Church

508 Harry Street

Conshohocken

(parking in lot across st.)

# MINI ASSEMBLY 1 & DELEGATES CONFERENCE REPORT

“CONNECTING WITH LOVE, UNITY AND SERVICE”

## WHEN

May 11<sup>th</sup>, 2024  
10am – 2:30pm  
Registration @ 9am

## WHERE

Good Shepherd Lutheran Church  
132 E. Valley Forge Road, King of Prussia, PA 19406

## WHY

- Report from Area 59 Delegate from the happenings at the General Service Conference
- Meet potential Area Officers for next panel
- Meet trusted servants and ask questions
- Learn about General Service in Area 59!

For more information  
Email: [Officer-at-large@area59aa.org](mailto:Officer-at-large@area59aa.org)

**AREA59AA.ORG**

HOSTED BY  
DISTRICT 29

ALL AA  
MEMBERS  
WELCOME!

LUNCH  
PROVIDED!

BECOME  
INFORMED!



District 56 & Chesco PENNSCYPAA Bid

Present:

# I AM RESPONSIBLE...

**A workshop on:**

*The Hand of AA*

&

*The nature of our responsibility as members of AA*



## Saturday May 18th

11:00 am - 2:30 pm  
Lunch at Noon

**First Baptist Church**  
415 W. State Street  
Kennett Square, PA

Hybrid Available  
**Zoom ID:**  
**805-036-8674**






## XV CONVENCION HISPANA DE AA DE PENNSYLVANIA

**18 y 19 de mayo 2024**

**JOVENES Y VETERANOS TRANSMITIENDO EL MENSAJE DE VIDA.**





**LUGAR**

HOTEL: CLARION HOTEL INTERNATIONAL AIRPORT  
79 Industrial Hwy  
Essington, PA 19029  
TELEFONO: 610-521-9600

CLAVE PARA RESERVAR LOS CUARTOS  
HISPANIC AA CONVENTION

COORDINADORA: ERLING B.  
SECRETARIA: PETRA V.  
TESORERO: GILDARDO J

**PARA MAS INFORMACION**  
HOSPITALIDAD Y RECEPCION  
JOSE B. 267 262 1927  
BALVINO 484 501 1220



**REGISTRACIONES**  
SABADO 3:00 PM A 9:00 PM  
DOMINGO: 8:00 AM A 3:00 PM



## HOPE GROUP

45<sup>TH</sup>

## ANNIVERSARY



Please come celebrate with us.  
We are not a glum lot!

THURSDAY MAY 23<sup>RD</sup> 2024

12:00 PM

412 PINE STREET

# Prison Pen Pal



SEPIA provides letters from AA members to incarcerated members. In the spirit of rotation, the Coordinator is stepping out of the position. We are looking for a new Coordinator and Assistant Coordinator. The duties would include collecting letters from members and distributing them to local prisons. The prisons would then pass them on to the incarcerated members.

If you're interested in helping with this service, please call the SEPIA office 215-923-7900

or send an Email to

[prisondirector@aasepia.org](mailto:prisondirector@aasepia.org)  
[prisonasstdirector@aasepia.org](mailto:prisonasstdirector@aasepia.org)

Southeastern Pennsylvania Intergroup Association (SEPIA)



# Unity Picnic

**Sunday, June 23, 2024**

(Rain or Shine)

**Noon to 5:00PM**

**Open AA Meeting @ 2:00PM**



**Neshaminy State Park, Pavilion No. 1**

State Road at Dunks Ferry Road, Bensalem, PA (Bucks County)

**Food, Fun and Fellowship**

**Kid and Pet friendly**

**Hamburgers, Hot Dogs, Soda, Water and Coffee**

**Please bring a covered side dish for all to share**

**Swimming Pool (\$12 pool fee per person) / Fishing**

**For more information contact**

**Mike Q – Unity Director — [unitydirector@aasepia.org](mailto:unitydirector@aasepia.org)**

**Luke S. – Asst. Unity Director — [unityasstdirector@aasepia.org](mailto:unityasstdirector@aasepia.org)**

**Driving Directions:**

**From PHL Exit of the PA Turnpike:** After toll, stay to the right to Route 132 (Street Rd. 2<sup>nd</sup> right). Travel on Street Road for approx. 7 miles over I-95 to State Rd. which will dead end. Turn left onto State Rd., and go about ¾ mile to park entrance on the right.

**From I-95 North:** Take I-95 North to Street Road exit. At the light, make a right onto Street Rd. Follow that to dead end. Turn left onto State Rd., and go about ¾ mile to park entrance on the right.

**From I-95 South:** Take I-95 South to Street Road exit. Make a left onto Street Rd. Follow that to dead end. Turn left onto State Rd., and go about ¾ mile to park entrance on the right.

**From New Jersey:** Cross the Burlington Bristol Bridge (Route 413). Make a left at the first traffic light onto Street Road. Continue South on State Road. The park is on the left after you cross the Neshaminy Creek Bridge.