

Deadline for the next  
*Northern Light* is  
**September 5<sup>th</sup>, 2017**

**This is YOUR Newsletter.**

Please send your questions or comments for publication to  
Steven L. at [NorthernLight@area35.org](mailto:NorthernLight@area35.org)

**Please bring extra copies to share with your group!**

Don't forget to visit and bookmark your Area 35 web site! - <http://area35.org>  
Event Calendar - Meeting Directory - NL Online - Download Pamphlets - District Pages

2017 AREA 35 COMMITTEE

<b><u>AREA OFFICERS</u></b>	<b><u>COOPERATION WITH THE PROFESSIONAL COMMUNITY (C.P.C.)</u></b>	<b><u>DISTRICT COMMITTEE MEMBERS (D.C.M.'s)</u></b>	<b><u>DISTRICT 14</u></b>
<b><u>DELEGATE</u></b> Kelly D. <a href="mailto:delegate@area35.org">delegate@area35.org</a>	Jim T. <a href="mailto:cpc@area35.org">cpc@area35.org</a>		Paul E. <a href="mailto:dcm14@area35.org">dcm14@area35.org</a>
<b><u>ALTERNATE DELEGATE</u></b> Roger R. <a href="mailto:Alt_delegate@area35.org">Alt_delegate@area35.org</a>	<b><u>TREATMENT</u></b> Gayle R. <a href="mailto:treatment@area35.org">treatment@area35.org</a>	<b><u>DISTRICT 1</u></b> Leslie H. <a href="mailto:dcm1@area35.org">dcm1@area35.org</a>	<b><u>DISTRICT 15</u></b> Melissa A. <a href="mailto:dcm15@area35.org">dcm15@area35.org</a>
<b><u>AREA CHAIR</u></b> Jim S. <a href="mailto:areachair@area35.org">areachair@area35.org</a>	<b><u>WEBMASTER</u></b> Rodney S. <a href="mailto:webmaster@area35.org">webmaster@area35.org</a>	<b><u>DISTRICT 2</u></b> Myron H. <a href="mailto:dcm2@area35.org">dcm2@area35.org</a>	<b><u>DISTRICT 16</u></b> Mike F. <a href="mailto:dcm16@area35.org">dcm16@area35.org</a>
<b><u>TREASURER</u></b> Christine G. <a href="mailto:treasurer@area35.org">treasurer@area35.org</a>	<b><u>GROUP RECORDS</u></b> Robert (Bob) B. <a href="mailto:grouprecords@area35.org">grouprecords@area35.org</a>	<b><u>DISTRICT 3</u></b> Brian P. <a href="mailto:dcm3@area35.org">dcm3@area35.org</a>	<b><u>DISTRICT 17</u></b> NO INFO
<b><u>SECRETARY</u></b> Rillis E. <a href="mailto:secretary@area35.org">secretary@area35.org</a>	<b><u>NORTHERN LIGHT</u></b> Steven L. <a href="mailto:northernlight@area35.org">northernlight@area35.org</a>	<b><u>DISTRICT 4</u></b> Greg C. <a href="mailto:dcm4@area35.org">dcm4@area35.org</a>	<b><u>DISTRICT 18</u></b> William “BR” B. <a href="mailto:dcm18@area35.org">dcm18@area35.org</a>
<b><u>AREA COMMITTEE CHAIRS</u></b>		<b><u>DISTRICT 5</u></b> John S. <a href="mailto:dcm5@area35.org">dcm5@area35.org</a>	<b><u>DISTRICT 21</u></b> Jeffrey L. <a href="mailto:dcm21@area35.org">dcm21@area35.org</a>
<b><u>PUBLIC INFORMATION</u></b> Mark N. <a href="mailto:pi@area35.org">pi@area35.org</a>		<b><u>DISTRICT 6</u></b> Renell P. <a href="mailto:dcm6@area35.org">dcm6@area35.org</a>	
<b><u>ARCHIVES</u></b> Steve D. <a href="mailto:archives@area35.org">archives@area35.org</a>		<b><u>DISTRICT 7</u></b> Liz L. <a href="mailto:dcm7@area35.org">dcm7@area35.org</a>	
<b><u>ARCHIVIST</u></b> Brad I. <a href="mailto:archivist@area35.org">archivist@area35.org</a>		<b><u>DISTRICT 8</u></b> Scott M. <a href="mailto:dcm8@area35.org">dcm8@area35.org</a>	
<b><u>CORRECTIONS</u></b> Servando M. <a href="mailto:corrections@area35.org">corrections@area35.org</a>		<b><u>DISTRICT 9</u></b> Cathy R. <a href="mailto:dcm9@area35.org">dcm9@area35.org</a>	
<b><u>LITERATURE</u></b> Skip D. <a href="mailto:literature@area35.org">literature@area35.org</a>		<b><u>DISTRICT 11</u></b> Cindy S. <a href="mailto:dcm11@area35.org">dcm11@area35.org</a>	
<b><u>GRAPEVINE</u></b> Paul M. <a href="mailto:grapevine@area35.org">grapevine@area35.org</a>		<b><u>DISTRICT 12</u></b> Steve E. <a href="mailto:dcm12@area35.org">dcm12@area35.org</a>	
		<b><u>DISTRICT 13</u></b> Sean S. <a href="mailto:dcm13@area35.org">dcm13@area35.org</a>	

**MOVING? ADDRESS NOT CORRECT?**

Please help us keep our Northern Light mailing address accurate and up-to-date. It costs the Area (you) \$.50 for each piece of returned mail.

Please contact our Group Records Secretary with your new or changed address:

[GroupRecords@area35.org](mailto:GroupRecords@area35.org)

TABLE OF CONTENTS

<u>Regular Articles</u>	<u>Guest Views</u>
Page 2      2017 Area 35 Committee	Pages 8 & 9      Delegate Résumés
Page 3      District Map/District Zone Breakdown	Page 7      Carrying the Message
Page 3      District Meeting Location Information	Page 8      Seven Steps to Conflict Resolution
Pages 4 – 7      Area Officers and Committee Chair Reports	Page 8      Personalities Before Principals
Page 7      Area Committee Meeting Map	Page 16      Challenges We Face Maintaining Unity
Page 9      Inclement Weather Procedure	
Pages 10 - 13      Area 35 Meeting Minutes	
Pages 14 - 15      Upcoming Events Fliers in Area 35	
Page 17      Directions for Inserting a Flier into the Northern Light	
Page 17      Northern Light Submissions	
Page 17      N.L. Editorial Position	
Page 17      N.L. Committee & Primary Purpose	
Page 18      Our Past Delegates	
Page 18      The Delegate’s Duties	
Page 19      Twelve Concepts for World Service	
Page 19      Twelve Traditions of Alcoholics Anonymous	
Page 20      Area 35 Committee Meeting Agenda	



Zone I

- District 1** - Ada, Crookston, Erskine, Fertile, Fosston, Mahnomen, Naytahwaush, Red Lake Falls, Twin Valley, Waubun,
- District 2** - Badger, Baudette, Grygla, Hallock, Halma, Middle River, Rainy River (Ontario, Canada), Roseau, Stephen, Thief River Falls, Warren, Warroad, Williams
- District 16** - Bowstring, Boy River, Cohasset, Deer River, Effie, Grand Rapids, Hill City, Lawrence Lake\*, Longville, Remer
- District 21** - Akeley, Bagley, Bemidji, Blackduck, Cass Lake, Debs, Menahga, Onigum, Park Rapids, Red Lake, Shevlin, Solway,Squaw Lake, Walker

Zone II

- District 3** - Audubon, Barnesville, Battle Lake, Cormorant, Deer Creek, Detroit Lakes, Dilworth, Elizabeth, Erhard, Fergus Falls, Frazee, Hawley, Henning, Lake Park, Moorhead, Osage, Ottertail, Pelican Rapids, Perham, Underwood, Wadena

- District 4** - Alexandria, Browns Valley, Carlos, Elbow Lake, Evansville, Glenwood, Herman, Kensington, Morris, Osakis
- District 15** - Albany, Avon, Cold Spring, Holdingford, Lake Henry, Melrose, Paynesville, Richmond, Sartell, St. Joseph, St. Stephen, Sauk Centre, Watkins

Zone III

- District 5** - Becker, Big Lake, Elk River, Milaca, Otsego, Princeton, Zimmerman
- District 6** - Braham, Bethel, Cambridge, Forest Lake, Harris, Isanti, Lindstrom, North Branch, Rock Creek, Stacy, St. Francis, Rush City
- District 7** - Aitkin, Baxter, Brainerd, Fort Ripley, Garrison, Ironton, Isle, Little Falls\*, McGregor\*, Palisade, Pierz, Pilager\*, Waukon
- District 11** - Finlayson\*, Grasston, Henriette, Hinckley\*, Lake Lena, Malmo, Moose Lake\*, Mora, Ogilvie, Pine City, Quamba, Sandstone, Willow River, Wahkon
- District 13** - Kimball, Rice, St. Cloud, Sauk Rapids, Waite Park, Foley

- District 17** - Backus, Cross Lake, Nisswa, Pequot Lakes, Pillager\*, Pine River

- District 18** - Browerville, Clarissa, Eagle Bend, Little Falls\*, Long Prairie, Motley, Parkers Prairie, Staples, Verndale

Zone IV

- District 8** - Alango, Aurora, Babbitt, Biwabik, Cook, Cotton, Ely, Eveleth, Gilbert, Hoyt Lakes, Mountain Iron, Nett Lake, Orr, Palo, Pike, Tower, Virginia, Zim\*
- District 9** - Chisholm, Floodwood, Goodland, Hibbing\*, Keewatin, Kelly Lake, Lawrence Lake\*, Nashwauk\*
- District 12** - Beaver Bay, Silver Bay, Brimson, Brookston, Cloquet, Duluth, Esko, Finland, Fredenberg, Grand Marais, Grand Portage, Hermantown, Knife River, Lawrence Lake\*, Lutsen, Mahtowa, Pike Lake, Proctor, Sawyer, Silver Bay, Foxborro (Wisconsin), Side Lake, Superior (Wisconsin), Toivola, Two Harbors

- District 14** - International Falls, Littlefork

*\* In cities marked with an asterisk, some meetings consider themselves to be in one District, and some meetings consider themselves to be in another District.*

District Meeting Location Information

**District 1**  
2nd Sunday of even months, 2:00 p.m.  
Fertile Community Center  
101 S. Mill St., Fertile, MN 56540

**District 2**  
2<sup>nd</sup> Sunday of Odd Months, 2:00 p.m.  
First Lutheran Church  
210 Park Ave. N.  
Middle River, MN 56737

**District 3**  
3<sup>rd</sup> Sunday of Month, 10:00 a.m.  
Alano Club  
827 Summit Avenue  
Detroit Lakes, MN 56501

**District 4**  
3rd Saturday of Month, 5:30 p.m.  
Contact DCM for location (It Rotates)  
Potluck at 6:30 p.m.  
Round Robin at 7:00 p.m.

**District 5**  
3<sup>rd</sup> Monday of Month, 7 p.m.  
Freshwaters Church  
12475 273rd Ave NW  
Zimmerman, MN 55398

**District 6**  
3<sup>rd</sup> Thursday of Month, 7:30 p.m.  
Spring Lake Lutheran Church  
8440 Erickson Rd. N.E.  
North Branch, MN 55056

**District 7**  
3<sup>rd</sup> Thursday of Month, 7:00 p.m.  
First Congregational United Church  
415 Juniper Street  
Brainerd, MN 56401

**District 8**  
Committee Meetings at 6:30 p.m.  
General District Meeting at 7:00 p.m.  
Contact DCM for location “It Rotates”

**District 9**  
Last Sunday of Month, 6:00 p.m.  
Hibbing Alano Club  
3725 1<sup>st</sup> Avenue  
Hibbing, MN 55746

**District 11**  
1<sup>st</sup> Tuesday of Month, 7:00 p.m.  
Peace Lutheran  
2177 Hwy 18  
Finlayson, MN 55735

**District 12**  
3rd Thursday of Month, 6:30 p.m.  
Contact DCM for meeting location (It Rotates)

**District 13**  
1st Monday of Month, 7:30 p.m.- 9:00 p.m.  
St. Cloud Alano Club  
127 7th Ave. NE  
Saint Cloud, MN 56301

**District 14**  
2<sup>st</sup> Thursday of Month, 5:00pm District Meeting  
Alano Club  
410 5th Ave  
International Falls, MN 56649

**District 15**  
1<sup>st</sup> Monday of Month, 8:00 p.m.  
Albany Community Center  
741 Lake Ave.  
Albany, MN 56307

**District 16**  
1st Wednesday of Month, 6:30 p.m.  
United Methodist Church  
1701 S.E. 5<sup>th</sup> Ave.  
Grand Rapids, MN 55744  
Handicap Accessible, Non-Smoking

**District 18**  
1st Tuesday of Month, 6:30 p.m.  
Long Prairie Alano Club  
21 2nd Ave.  
Long Prairie, MN 56347

**District 21**  
2<sup>nd</sup> Monday, 7:00 p.m.  
Bemidji Alano Club  
3802 Greenleaf Ave NW  
Bemidji, MN 56601

**District 17**  
Not currently active or unknown

AREA OFFICERS AND COMMITTEE CHAIR REPORTS

Delegate:

Greetings Area 35,

I hope this finds you well and are all enjoying your summer. It is hard to believe we are moving into the month of August and will only have 4 months left to this rotation, where has the time gone? Yes, in October at our Fall Assembly we will be voting in our new Area Officers for the 2018-2019 rotation. Congratulations to Christine, Jim, Steve and Roger for receiving nominations from Districts to stand for Delegate, their resumes will be posted in this addition of the Northern Light. If you have others in mind that you feel would serve Area 35 well as Treasurer, Secretary or Chair please speak to them BEFORE the Fall Assembly and not make a nomination from the floor without doing so. Why? Because we are often told in AA that we should not say no when asked. Let’s not put anyone in that position where they would feel obligated to stand. It takes a big commitment, responsibility and time to serve in any of our service positions and everyone should have the opportunity to read the Area 35 Guidelines before standing. The guidelines for all positions on the Area are listed on our Area website for you review. Thank you in advance for keeping this in mind when considering any individual to stand for a position and then serve in our Area if elected.

I have been busy traveling and doing my report back from the General Service Conference since the middle of May. I would like to thank Districts 8, 9, 16, 7, 18, 8, 13, 15, 21, 1 & 2 for their hospitality along with some great food and of course wonderful fellowship together. As Delegate spending time with the Districts you serve has been the highlight of my service. The sharing of our GSC with each of you and the answering of your many questions has been an honor to do so. Although there were some good turnouts for this there was also some that were not. I was disappointed at the lack of our GSR’s present when they do the most of our voting on the Agenda Items at our Spring Assemblies and then bring the information back to their groups. We made history this year in AA at the Conference with a total of 92 Agenda Items. The voting or outcome of each item was amazing to be a part of, I would like to share that experience with all of you personally. I will be busy in the month of August (July was a quiet month) with one left in September before I finish. I really encourage those Districts left to encourage all that serve within their Districts to attend. I hope to see many of you there!

As many of you know my email account was “high jacked” from someone in Nigeria. What a process this has been and I have now been told by Microsoft that it is going to be another month (a waiting period) before they will be able to retrieve it. I had to set up another account since this has been going on since June 7<sup>th</sup>. My new email address is [kjdempski@gmail.com](mailto:kjdempski@gmail.com) Please pass this information on or you can go through our Area 35 website to contact me. I apologize for the inconvenience.

As a reminder we have our West Central Regional Forum coming up September 8-10, 2017 in Sioux Falls, South Dakota. You can go to our Area 35 website [www.area35.org](http://www.area35.org) and click on events for more information or go to [www.aa.org](http://www.aa.org) and register online. It will be a great weekend! Mark your calendar and bring your questions, there will be some of our GSO members there to share with us all that is going on in AA. Forums are only held every other year in each Region.

As always thank you for the honor and privilege I have been given to serve as your Delegate. If you have any questions or if I can be of service to any of you please feel free to contact me.

In love and service,  
Kelly D.  
Area 35 Panel 66 Delegate

Alt. Delegate:

I appreciate the opportunity Area 35 has given me to continue serving as your Alternate Delegate.

My recent service activity includes the following.

Participating and presenting at the District 21 Sponsorship Workshop on May 6 in Bemidji MN.

Planning and Chairing an Area 35 Zonal Forum in Alexandria MN for Districts 3, 4, and 15. Sixteen members attended this forum. Special thanks to Greg C., District 4 DCM, for hosting this Zonal Forum.

The next Area 35 Zonal Forum can take place in Zone 4, which is comprised on Districts 8, 9, 12 and 14. I have been in contact with the DCM’s from these Districts to see if they have an interest in hosting a Fall, Area 35 Zonal Forum in their District.

I am setting up the 42 Area 35 Service Workshop for January 13-14, 2018. This workshop is scheduled to take place in Duluth MN. I will be in contact with Districts 3, 4, 5, 7, 8, 12, 13 and 14 with invitations to present at this service workshop. The theme for this workshop is “AA- A Solution for All Generations”. I will be giving these Districts a choice of topics for their presentations at the August Area Committee Meeting. Bob W. who recently rotated out of his Trustee position will be our guest at this workshop.

I am honored and humbled to accept District nominations to stand for Dele-

gate in Area 35. My service resume has been forwards to Jim S. and the Northern Light.

In service,  
Roger  
Area 35 Alternate Delegate.

Area Chair:

Hi Everyone,

I hope you all have had a fun and exciting summer. There isn't much going on these days. I have set the date and location for the Joint Workshop. It will be at the Bethlehem Lutheran Church in St. Cloud from noon to 4pm. There will be fliers at the August ACM. Please mark your calendars.

**The dates for the Fall Assembly have been changed to Oct 7<sup>th</sup> and 8<sup>th</sup> as this is the first full weekend of Oct, not the original weekend I had set up.** Thank you Rillis for updating the flier so quickly and to Rodney for updating the website with the new dates.

I hope all of your have been thinking about the elections this Fall. We will need plenty of people to either stand for elected positions or volunteer for committee member positions. I want to assure whoever will be taking over as Chair that I will be available to aid in any way I can including minding my own business. However, if you are interested in a position don't hesitate to talk to the current person about what is involved in that position so you know what you will be getting into. I can say I spent at least 10 plus hours on the phone with Kelly just between the Fall Assembly and the first of January when my position officially started. I do not know what I would have done without her support. Thank you so much.

I have contacted the Marriot in Moorhead, Holiday Inn in Alex and Detroit Lakes as well as the Big Woods Convention Center in Fergus Falls as potential sites for the 2018 Spring Assembly. If anyone knows of any other potential sites for the Assembly feel free to let me know as these are all I am aware of.

I will be looking for potential sites in Bemidji as well as sites we have used before in Zone 1 for the 2018 Fall Assembly.

In Service  
Jim S.  
Area Chair

Secretary:

Greetings Area 35.

I enjoyed listening to Kelly’s report back. I feel grateful that our Area’s group conscience has been in such capable and spiritually guided hands during this rotation. Thank you Kelly for all you do for Area 35 and AA a whole.

The secretary position has been rather quiet since the last Area Committee Meeting. Jim S. asked me to make a flier for the Area 35/36 Joint Workshop which I did. This workshop will be held November 18 at the Bethlehem Lutheran Church in St. Cloud; the flier is on the Area 35 website. I assembled the minutes from the June ACM and sent them to Steve L. for publishing in the Northern Light. I continue to fulfill my commitment of chairing a weekly women’s meeting at the Douglas County Jail in Superior, WI.

I am glad to see that Gayle R., Treatment Chair, will be presenting on the topic of Singleness of Purpose inside treatment facilities at the Fall Assembly as most of the women attending the meeting at the jail identify as “addict”. I hope to gain some insight on how to better uphold our traditions while still helping these women find the resources (spirituality) they need to recover. I look forward to seeing everyone again at the next ACM in August.

Yours in Service,  
Rillis E.

Treasurer:

Greetings Area 35,

We are into July and nearing the end of this rotation. It has been an honor and privilege to serve as your Area Treasurer.

I would like to reinforce the importance of including your group numbers on your contributions that get mailed in also, please include a little note when sending checks that are not contributions. If it is for a flier that you are putting into the Northern Light, please make note of what event it is for. I am getting checks that do not reference a group number or specify what the money is for. This will also help the incoming Treasurer to apply to the fund to the appropriate accounts. If you do not have your group number, please contact me at 763-670-8303 and I will be more than happy to help you find it.

I would like to give a huge THANK YOU to the Heartland Round UP for their contribution of \$1500 to the Area. The Area appreciates your contribu-

(Continued on page 5)

(Continued from page 4)  
tion in helping carry the message to the still suffering.

I took the opportunity to attend our Delegate’s report back for District 13 and 15. Kelly did a great job presenting what happened at the conference and how she voted. I felt Area 35 was represented very well and we should feel very privileged to be in an area that takes the time to hear the voice of all the groups and districts that choose to participate.

I will be attending the West Central Regional Forum in September. I will also be chairing a breakout session. I look forward to hearing from GSO. This a great opportunity to get to know what goes on in New York and ask questions and address concerns that we may have. There is no charge for registration and you can register on aa.org.

As of June 30<sup>th</sup>, your account balance is \$22,985.22. This includes your prudent reserve of \$6,043.84.

We received \$1,890 in group contributions for the month plus the \$1,500 from the Heartland Round Up. We had \$2,143 in expenses for June. YTD we have received \$11,819 in regular group contributions and have a total income of \$16,484 our expenses YTD are \$23,841. We are \$7,357 short in group contributions for the year. Please continue to talk to your districts and groups about the importance of the 7<sup>th</sup> Tradition so we can continue providing the services and facilities to meet to share our experiences with one another and carry the message where it is needed.

Please feel free to contact me with any questions that you may have.

Thank you for allowing me to serve as your Treasurer.  
In Service,  
Christine G. Area 35 Treasurer

Please include your group service number on both your Group and Birthday Contributions.

"IF YOU'RE NOT LAUGHING, you're not taking sobriety seriously enough."

Archives:

From whence we came

Greetings from Area 35 Archive Committee. As summer passes into a new season, we always remember the things that were important to us. As we do in our personal lives, we should also remember those things in A.A. that are important to us. One of the most important things for me is how we got to where we are.

When we read our history, understand our history through our conference approved literature, such as Pass it On, and AA Comes of Age, we see the work of a higher power in our fellowship. Certainly, our history lends itself to the understanding that this fellowship runs because of our reliance on a power greater than ourselves.

The following statement in the AA.org website provides a concise explanation of the importance of collecting and retaining our past:

“Like any other A.A. service, the primary purpose of those involved in archival work is to carry the message of Alcoholics Anonymous. Archives service work is more than mere custodial activity; it is the means by which we collect, preserve, and share the rich and meaningful heritage of our Fellowship. It is by the collection and sharing of these important historical elements that our collective gratitude for Alcoholics Anonymous is deepened.”

For more information on how to make Archives part of your service work, please feel free to sit in on the Area 35 Archives committee the first Sunday in August at 9:00 AM in Aitkin, MN at the Aitkin Alano Club. We would love to have you there. Also, check out the aa.org webpage on archives.

http://www.aa.org/pages/en\_US/archives-committees

Steve D.  
Area 35 Archives Committee Chair

Archivist:

Greetings everyone. Since the June Committee meeting I have traveled to Moorhead and Isanti to give history talks. Moorhead had a great turnout and very enthusiastic audience. Isanti had a good turnout and I was warmly received. I talked about the importance of preserving district minutes and making sure documents are dated.

I have a busy month in September with back to back weekends in Duluth and St. Cloud followed by Fall Assembly. I am extremely grateful to God and Area 35 for this opportunity to have been to all these events and to the people I have shared with over the past 20 years. I am already pulling everything together to make a smooth transition for the next Archivist. I am not going to disappear. I will just join the back of the room group and offer my experience when asked. That is all I have for now. May God bless you and keep you always.

Brad I.  
Area 35 Archivist

Cooperation with the Professional Community:

Some recent elements of my life remind me of the importance of continuous sobriety and how very basic it is to my daily life. Within the last six weeks I:

- Spent two days in the hospital for a non-life-threatening infection
- Learned that I will need a corneal transplant in my right eye
- Concluded that it is time to retire from my job at the end of October
- Assisted a family member to get bailed out of jail on felony drug charges
- Sold our house in Brainerd
- Purchased a house in Glenwood, from whence Bonnie and I moved

To many of you who have much more complicated and challenging mental, physical or emotional chaos, this list is rather “light”. But no matter the extent or depth of living in these day-to-day events, each of us confronts the basic question: “How am I going to get through this “stuff” with my sanity intact and remain sober?”

These dire situations of life are met by practicing to the best of our ability, not perfectly, the 12 steps, 12 traditions, and 12 concepts of world service. If your recovery parallels mine, I “ebb and flow”. Sometimes I forget and neglect the basics of our program of recovery like prayer; talking to my sponsor (or getting a sponsor); attending extra meetings; giving away what I have been given; getting out of myself.

Let me share what our Cooperation with the Professional Community reminds all of us what we can do to provide opportunities to those who “...have decided [they] want what we have, and are willing to go to any length to get it...” (Big Book p. 58).

Contact your “Professionals” (From CPC Workbook)  
“A professional can be anyone who deals with problem drinkers in the course of their work. Many of these people often encounter the suffering alcoholic, and in spite of public awareness, many of them simply don’t know what to do with a drunk. C.P.C committee members approach alcoholism counselors, educators, court officials, employee assistance professionals, health care professionals, law enforcement officers, senior citizen services professionals, social workers; (the list goes on and on.)

C.P.C work can begin when individual AA’s reveal their membership to their doctors, or drop a quiet word in the ear of a pastor that an AA member is available to the congregation.”  
If you are not directly involved in C.P.C committee work, you can provide invaluable insights into this program and what it has meant to you. When was the last time you offered even a tiny bit of your story of recovery from alcoholism and shared that message with:

- Your doctor, psychiatrist, chiropractor, massage therapist, or nurse practitioner
- Your priest, pastor, rabbi, or spiritual advisor
- Your friends who may not have clue one that you are in recovery
- Your fellow professionals in the office or your Human Resources Director
- Your local law enforcement officers

C.P.C. invites AA members at the group, district and Area levels. But you can be an advocate for passing on the message in your daily life without direct participation on the C.P.C. committee (but we always need more members!) My experience is this: When I take the small risk of telling someone, at an appropriate time and place, that I am a recovered alcoholic yields far more benefits than my preconceived fear that I will be judged.

I remain committed to serve as your C.P.C chair but acknowledge that our game plan for the committee needs a swift kick in the butt!

Until our move from Brainerd in October the contact information for me remains as is noted in the Northern Light and the web site.

Jim T.  
Area 35 C.P.C. Chair

Corrections:

Since our last committee meeting I have been in communication with area 36 Corrections and our joint committee chair in regards to possible electronic options for information exchange to help relay information between our areas. I've received several requests for temporary contacts which I have already started forwarding to the appropriate districts. I have also just received notice that if anyone is interested in attending a transitional fair with someone who has had experience there are possible openings for Moose Lake which will be held October 3rd. Butch R. has reported that the Sandstone transitional fair went well and that attendance at their meeting is on the rise. Thank you to all who make yourselves available to carry the message to those who are in correctional facilities. I look forward to seeing everyone at our next gathering. Hope everyone is having a safe and enjoyable summer so far.

In love and service

Servando M.  
Area 35 Corrections

( Continued on page 6)

THE BEST THING FOR YOU," said the doctor to the dissipated young woman, "is to give up drinking, smoking, and men."  
  
The girl thought for a moment, then asked, "What's the next best thing?"



(Continued from page 5)

**Grapevine:**

Greetings From your area 35 Grapevine chair!

I've sold about \$300 worth of literature this summer I plan on placing another order before I attend the Park Rapids round up displaying and having grapevine merchandise for sale! There is a new book out called Making Amends! I will have several books for sale! I also got some exciting news my article I wrote last year at the Grapevine writing workshop will be in this September's issue! I will also be putting on a grapevine writing workshop at the Heartland Round Up in Park Rapids. Please bring your own grapevines to the area committee meeting so I can give them to the right people to get into treatment centers or correctional facilities thanks.

Yours in service

Paul M.  
Area 35 Grapevine

**Group Records:**

**District Committee Member Updates** When updating district committee positions I need Full names (First and Last names) and Addresses, Phone number and e-mail addresses are optional. Without complete information I cannot update the GSO database.

**No Longer a GSR:** I have gotten updates from GSRs requesting that they be removed from the Group GSR position. When I make this update, and there is not an alternate GSR or group contact, the group will go inactive. Inactive groups will not appear on aaMetingLocator.org.

Bob B.  
Group Records  
grouprecords@area35.org

**Literature:**

Good day,

Well not much has been going on sense the Area Committee Meeting in June. I have received a few orders for the Committee Meeting in August.

I am happy to report with all the orders that were to be picked up at the June Committee Meeting, all but two were able to get their orders. The total in sales from these orders is \$1100.05. Thank you all for your participation in ordering literature through Area 35. As a reminder, we need to place orders through Area 35 two weeks prior to Area 35 events. My contact information is in the Northern Light newsletter.

I am looking forward to the August Committee Meeting, and the GSO Forum in South Dakota.

In Service,  
Skip D.  
Area 35 Literature Chair

**Northern Light:**

Howdy Ladies and Gentlemen

Who would have thought an editor's job would be lively and controversial which it has been over the past two months. Since the last issue of the Northern Light, two fliers I received stand out because they are complete opposites. One I believed screamed as affiliation with an outside entity. The other sent along a press release explaining what the event was about and where people were coming from and that the public was welcome to attend.

It's my belief that one of the troubles I'm having is because too many people in our fellowship do not have an educated grasp on the traditions. Another, is that people who make up fliers do not have an understanding of their target audience. Lastly, many people just make crappy fliers. Usually they do not give enough information. One flier I received stated a group was having a 30<sup>th</sup> anniversary potluck meeting to be held at an Alano Club, no club name, no town, no address, no city or no speaker the only pertinent information given was date and time. This might be OK if the flier stayed within the club.

If people were knowledgeable of the traditions, they would understand AAs singleness of purpose and it's spirit of cooperation and ought never go so far as affiliation or endorsement, actual or implied. If people understood these principles of AA, the NL Editor and our Area 35 WEB Master wouldn't be inundated by fliers for non AA events. For example I received these fliers in the last two months:

- Treatment Center Alumni Association Motor Cycle Run
- A presentation on the Surgeon General's report on addiction
- Spirituality Breakfast
- Women's Leadership Forum
- New Recovery Meeting. With just a group name, that does not specify what it helps people recover from.

- Alano Club Dances and Fundraisers

I bring this up because we in Alcoholics Anonymous are a fellowship; we are social people and not a glum lot. There is a need to enjoy our lives together with fun and frolic activities and not just to have lectures, business meetings and workshops. In AA, we have an abundance of Round-ups, Rap-ups, Flings, Round Robins and a host of other names to celebrate together. Not one of these events is an AA function, not one, because AA does not hold these type of events. Separate committees put these events together. Then in the spirit of cooperation we use the NL as a tool to inform the fellowship about the event.

Looking at the Northern Light guidelines and reading past actions there is no set criteria for a flier to be inserted or an event to be listed into the NL. The NL Editor has sole discretion on what goes into the NL. Views on AA traditions can change with the rotation of Editors'. The NL Editor at their own discretion can ask the committee to weigh in on questionable admissions.

This brings to mind what I said about target audiences. The Northern Light has a different target audience than the Area 35 WEB calendar. If you want an event mentioned in the NL, first it should be AA related, second have the four W's of Why, What, Where and When on the flier so people from outside your circle can find it. The event needs a long lead time because of the time lag in between issues. Lastly, the NL covers a lot of territory. Do you really want 300 people to show up at your groups open meeting? I know my group could not handle a crowd larger than 70 people at our open speaker meetings.

Yours in Service  
Steven L.  
Area 35 Northern Light Editor

**Public Information:**

It has been a very busy summer for me and it will get busier and busier through August and into September.

I have been short staffed at my small business and have been tied down with work my extracurricular stuff has taken a back seat to my livelihood. I still manage to keep my shift volunteering for the AA central lakes help line. I have started a correspondence with a person behind bars, and am doing orientation soon to bring meetings into the local jail. I get to my meetings usually twice a week. But it is a busy time for me.

I am working on getting the State fair weekend covered, there are still some open shifts if you would like to do the State fair booth it is the weekend of August 26th and 27th. I have been able to attend this event in the past but will most likely miss it this year. If you would like to do a shift or you know someone who would then get a hold of me and I will get you signed up. I will be following up with everyone who has signed up, sometime in the next 3 weeks. It looks like Saturday is filled but most of Sunday the 27th is still open, it's a great experience and worth your while.

I will also be setting up the Crow Wing County Fair again this year and hope to see a lot of people there. We get people stopping by who love to talk about how AA saved their life along with some who are interested in getting help for themselves or a friend or relative.

I did put on a presentation of the Film Bill W. talks about the 12 Traditions, let's just say Brainerd and the surrounding area are a little tone deaf when it comes to Traditions. We can do better, I will keep up the work as best I can to help facilitate that change.

I am unsure at this time whether or not I will make the next committee meeting, work scheduling has become troublesome, but I will give it my best shot. I am also unsure of my future with AA service work at least at the Area and District level I will see how things shape up at work over these next 3 to 4 months.

I will do the best I can as time and energy permit.

Thank you for allowing me to be of service.

Mark N.  
Area 35 Public Information Chair

**Treatment:**

Today in our committee, we had 11 present, with Districts 6,8,12,13,14,15 & 16 represented. Thank You SARA for taking notes for me. My report is printed in the Northern Light. Pat (Dist. 15) reported they take several meetings to facilities including Sobriety First in Mid-Town Square in St. Cloud on the 1<sup>st</sup> Thursday at 11am and 7pm and in Sauk Centre the 1<sup>st</sup> Mondays at 7pm. New Visions in Alexandria at 7pm on Fridays. Passages in St Cloud has a rotation printed for the year, District 15 has 5 groups that helps with Mondays at 7pm. Pat is also working with District 4 to present a beginners meeting, telling personal stories, what AA is, What AA is not, they are working for an August date. Margie (District 14) Moved to Montevideo in Area 36 not quite sure what district she moved to. Kathy is her GSR replacement from International falls, and it is Kathy's first time at a committee meeting. Mary (District 16) GSR looking for ideas for her district. Sara (District 8) having some difficulties filling speaking commitments at both Range

(Continued on page 7)

**Slogans**

*Think, Think, Think — Easy Does It — K.I.S.S. — Live and Let Live— H.A.L.T — But For The Grace of God — This to Shall Pass — One Day at a Time*

(Continued from page 6)

Treatment and Arrowhead Treatment Centers. **\*\*IF anyone in Area 35 is willing and able to speak in Virginia at 8pm at either treatment center Please see Sara (or Gayle), your help is greatly appreciated \*\*** Carrie (District 6) takes meetings into Dellwood Recovery Center bimonthly at 7pm. For Rush City they take 3 meetings every other Wednesday at 7pm. Sent out District 6 meeting schedules to 19 treatment centers. Steve (DCM) and Rich (Alt DCM District 12) reported Centers for Drugs and Alcohol (CADT) has a new director who is requiring background checks. Rich has sent in forms twice and is still waiting. So there was no meeting in May. Duluth Bethal has a speaker meeting on Saturdays at 7pm. Teen Challenge in Duluth is not interested in AA's help just yet. Liberalis in Cloquet decided to use their own AA people but now asking us to fill when they need us. Peggy (Secretary District 13) District 13 serves 11 facilities. Our treatment chair now has a committee and is working on contacting all facilities. The committee has a new list of facilities and a contact person for each facility.

I will be presenting on Treatment at the fall assembly, I asked committee about the topics they would like to include. Singleness of Purpose inside treatment centers, Communications with facilities, How we keep our commitments. We also tried to read page 6 out of the Treatment workbook, but we had difficulties hearing and discussing due to the noise in the room.

Thank you for allowing me to serve.

Gayle R.  
Area 35 Treatment Chair

### **Webmaster:**

Greetings Area 35,

Aside from the frequent event flyer to add to the area events calendar, I have not been too busy with the website. I was happy to report at the June committee meeting that the problem the android devices were having with not being able to open the flyers had been rectified, that fact having just been reported to me early Sunday morning by Justin.

Due to recent controversy over the flyer for the St. Cloud A.A. Convention being held on the grounds of Recovery Plus, the topic of creating accurate flyers for events needs to be addressed, once again. I know Bob B. did this at least once when he served as webmaster and/or web technology chair and it was a topic of discussion in several of our committee meetings. I have also addressed this in detail in one of my earlier reports, as I was being overwhelmed by flyers for events being held at Alano clubs. Because these flyers were poorly created, with no reference to the group or entity that sponsored them, it appeared that the Alano club was solely responsible for them--not A.A.

Even with an accurate and well formatted event flyer (one that lists the specific A.A. participation and what A.A. group or other A.A. entity is responsible for that event) if it is to be held at an Alano Club, Convention Center, or Treatment Facility, there will undoubtedly be speculation as to whether the event is affiliated with the venue where it is held. This is why it is necessary to list the A.A. group or entity sponsoring the event, and to list admission or registration fees or otherwise make reference to the funding of the event, thereby denoting self-support.

To make my point I have been using the flyer for the District 7 picnic on July 16<sup>th</sup> as an example of a well-produced flyer; it lists the host entity in bold letters as District 7 committee members, and contains a disclaimer at the bottom, specifically denying use of district funds. I offered a suggestion that the committee for the St. Cloud A.A. Convention make a similar disclaimer on their flyer.

I ran out of time at the June committee meeting in Aitkin, but meant to apologize for not getting my Spring Assembly report sent to Rillis in time for it to be printed in the minutes of the last issue of the Northern Light. I did get my report for the June ACM to Rillis last week, so it will be included in the minutes, and will do my best to stay on top of these deadlines.

I'm looking forward to seeing everyone in August and am interested to see what changes are in store for aameetinglocator. I felt the presentation Bob B. held at the Spring Assembly should have set everyone at ease as to its paralleled direction with Area35.org (in moving to a Wordpress site) more than it seemed to. I still believe the confusion and concerns of the Area are products of unfounded fear and hope that Bob's next presentation will dispel that fear.

Yours in service,  
Rodney S.



## **Carrying the Message**

So you've been asked to bring a meeting into a facility. Congratulations! What an honor and privilege it is to be involved in service. As it states on page 89 of the book Alcoholics Anonymous:

"To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends--this is an experience you must not miss. We know you will not want to miss it. Frequent contact with newcomers and with each other is the bright spot of our lives."

As you go forward in your service work, you may want to keep these five helpful hints in mind.

### **1. The 3 P's of Service:**

**Punctual** - always arrive ten minutes early before the start of the meeting to get things set-up and ready to go. Running in at the last minute will make you feel rushed and ill-prepared.

**Polite** - be polite to the attendees and the staff. Remember they are doing us a favor by allowing us to come into their facility. They are giving us an opportunity to do our 12th Step.

"Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. This is our *twelfth suggestion*: Carry this message to other alcoholics! You can help when no one else can. You can secure their confidence when others fail". (pg. 89 in Alcoholics Anonymous).

**Practiced** - although we "should remain forever non-professional", know your stuff before you go. Read ahead, do your homework, be knowledgeable about the A.A. program. Remember you may be the only copy of the Big Book someone will ever see.

### **2. Attitudes and Action:**

Am I carrying the message or the mess? As someone once said "A.A. stands for attitudes and actions". Make sure your attitude is about giving away that which was freely given to you. Bring your best to the meeting and give your worst to your sponsor.

### **3. Can't show-up – Find a back-up:**

Life happens, kids get sick, people have to work late, vacations come up, etc., etc., etc... Understood. But, if you are unable to follow through on your commitment, find a back-up. Our disease doesn't take a break, neither should the solution. If your network of A.A. friends can't fill-in for you, call your local A.A. assistance line or your Intergroup.

### **4. We have no opinion:**

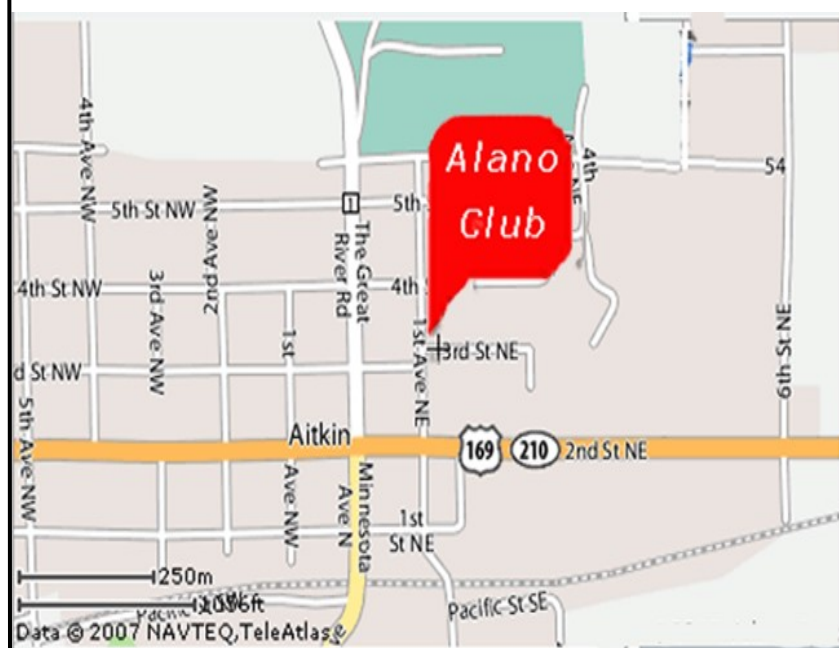
We have been invited in to the facility to carry the message of Alcoholics Anonymous. We do not offer opinions on the course or type of treatment, the use of medications, or the efficacy of one program over another. As our tenth tradition reminds us "we have no opinion on outside issues".

(Continued on page 16)

## **AREA 35 COMMITTEE MEETINGS**

### **Where is the Aitkin Alano Club?**

Area 35 holds committee meetings in February, June, August and December at the Aitkin Alano Club  
322 1st Ave. N.E.  
Aitkin, MN.



Area 35 Northern Minnesota Assembly of Alcoholics Anonymous

Panel 68 Delegate Résumés

Jim S.

Address:

City, State, Zip:

Telephone:

Email: Jimmys\_01@msn.com

Home Group: Moorhead Thursday Night

Sobriety time: Aug 13<sup>th</sup>, 1989

A.A. Service Experience:

1997 - 98 MTNG Alternate GSR

1998 – 2000 MTNG GSR

2002 – 2004 MTNG Secretary

2008 – 2010 MTNG Steering committee member

July 2010 Alt DCM District 3

Aug 2010 – 2011 DCM District 3

2012 – 2013 DCM District 3

2014 – 2015 Area 35 Lit Chair

2016 – Present Area 35 Chair

2010 Co Founder of the Sunday Night Big Book Meeting

I have made several presentations on AA service and the 12 steps

I have spoken at various Treatment and Jail Meetings

I have a sponsor and sponsor other men

MTNG has been my home group since 1994

Seven Steps to Conflict Resolution

1. It takes two to tango. In any situation if I respond with anger, hurt or frustration, the situation can quickly escalate. If I respond with calm reassurance, the situation can quickly defuse. If I refuse to do the dance of anger, the dance quickly ends.
2. What other people think of me is none of my business. I have a sponsor and significant others to whom I turn for advice and suggestions. If I try to live my life to appease and please those around me, I become a people pleaser. And there’s an app for people pleasing – it’s called Al-Anon.
3. An old sponsor of mine was very fond of the phrase, “It begins with me and ends with me”. What that means is I look at my part and if I have done something that requires amends, I make them. What the other person does is between them, God and their sponsor. I am not in this world to live up to the expectations of others, nor are they in this world to live up to my expectations. For those who try to live up to the expectations of others, or attempt to control others there is an app for that – it’s called Al-Anon.
4. From the Big Book we have this lesson... “We are there to sweep off our side of the street, realizing that nothing worthwhile can be accomplished until we do so...” Alcoholics Anonymous, (Big Book) pp. 77-78.
5. Also from the Big Book: “Resentment is the "number one" offender. It destroys more alcoholics than anything else. From it stem all forms of spiritual disease, for we have been not only mentally and physically ill, we have been spiritually sick. When the spiritual malady is overcome, we straighten out mentally and physically. In dealing with resentments, we set them on paper. We listed people, institutions or principles with whom we were angry. We asked ourselves why we were angry. In most cases it was found that our self-esteem, our pocketbooks, our ambitions, our personal relationships, were hurt or threatened”. BB pp 64.

(Continued on page 16)

Christine G.

Address:

City, State, Zip:

Telephone:

Email: christineger@msn.com

Home Group: Wednesday Night Primary Purpose Group

Sobriety time: February 12, 2005 (12 years)

A.A. Service Experience:

2005 – 2007 - Greeter, Group Chair, Group Archives Chair, Group Treatment Chair

2008 – 2009 – Alternate GSR

2010 – 2011 - GSR

2012 – 2013 – District 13 Treatment Chair

2014 – 2015 – District 13 DCM, Sat on Financial Oversight Adhoc committee for Area

2016 – Current – Area 35 Treasurer

I have been a facilitator for Beginner’s Meetings and Group Inventories within District 13.

I have brought meetings into Our House and Stearns County Jail.

I have presented at District and Area workshops on various topics including 12 Steps and Traditions, GSR Orientations and Zonal Forums.

I have shared my experience, strength and hope at meetings and at the Winter Wrap Up in Mountain Iron.

I am a contact for Bridging the Gap in Treatment Center and on the Temporary contact program for jails and prisons.

I have volunteered for the Benton County Fair and State Fair AA booth.

I am sponsored, have a service sponsor and sponsor women.

I am willing to serve and help where ever needed or asked.

Personalities Before Principals

When we first come thru the doors of Alcoholics Anonymous, we are encouraged to shop for a home group, get a sponsor, get involved in group service work such as greeting or making coffee. Being in the middle of the group helps us get thru every 24 hours. My AA Dad encouraged me to get involved not only in my home group but in the District as well.

I found that I had a knack for helping others in this fellowship, perhaps it is my care-taking personality. Our personal recovery goal at any level of service is reaching out our hand to the alcoholic who still suffers and each of us has our way of doing just that. Some of us can help by sharing in the group our experience, strength and hope. Some of us bring in meeting to jails and treatment facilities. Some of us serve our group by being a GSR or a meeting chair, or even a sponsor. Some of us serve in our District by being an action chair or even a DCM. Some of us serve in the Area and at the General Service Office as a Regional Trustee. I think each one of us is passionate about our ways of reaching the still suffering alcoholic.

If we remember we are generally people who would not mix, our way of reaching out is not always the same as others would do. As we walk through sobriety we seem to fight over the best ways to reach the still suffering. Rotation after rotation we never give up with reaching out our hand, NEVER!! Whose way is the correct way, I could say mine is always the right way and yours is always wrong. We could discuss, change or compromise on what is the best way. Sometimes it is the wording we disagree on, the rules of facilities we don’t like, even the definitions of our own literature and how and who to sell that literature to... Sometimes we don’t even know why we disa-

(Continued on page 16)



Area 35 Northern Minnesota Assembly of Alcoholics Anonymous

Panel 68 Delegate Résumés

Steven D. L.

Address:

City, State, Zip:

Telephone:

Email: Lerejet64@gmail.com

Home Group: Biwabik Sunday Night Group

Sobriety time: By the grace of God as he understands me 36 years, as of March 12<sup>th</sup> 1981

Roger L. R.

Address:

City, State, Zip:

Telephone:

Email: rlrudolph@stcloudstate.edu

Home Group: Wednesday Happy Hour

Sobriety time: 11.75 Continuous Years of Sobriety

A.A. Service Experience:

I agree to stand for the office of Delegate (Panel 68) and if elected, to trustfully serve the members of Area 35 as outlined in the AA Service Manual.

1984-85 District 8 Correction/Institution Chair

1986-87 District 8 DCM

2004-05 Biwabik Sunday Night Group GSR

2006-07 District 8 PI/CPC Chair

2010-11 Area 35 Web Master

2012-13 Area 35 Treasurer

2014-15 Area 35 Financial Oversight Committee Chair

2016-17 Area Northern Light Editor

1982 to Present Day I have a sponsor and I sponsor others.

1988 to Present Day I have made Biwabik Sunday Night Group my Home group. I have always had a home group since I was two weeks sober. I speak at treatment and correction centers. I have been on the Winter Rap-up Committee and a guardian for the District AA phone contact.

The most important job of all has been attending my home group meetings, making the best cup coffee in the area, greeting people to AA and offering my experience and hope to those who reach out.

A.A. Service Experience:

Area 35 Alternate Delegate	2016-Present
Area 35 Secretary	2014-15
Area 35 CPC Chair	2012-2013
Area 35 Public Information Chair	2010-2011
District 13 Public Information Chair	2006-2007
District 13 DCM	2008-2009
Jail Meeting Volunteer, Stearns County Jail	2002-Present
St. Cloud Roundup Committee Ice-cream Chair	2015-2016
St. Cloud Roundup Committee Chair	2017-Present
WCRAASF Host Committee Chair	2009
Area 35 Inventory Committee	2011
Sponsorship: I sponsor and am sponsored	

“By our Twelve Steps we have recovered, by our Twelve Traditions we have unified, and through our Third Legacy -- Service -- we shall carry the AA message down through the corridors of time to come.”

AA Co-Founder, Bill W., November 1951



AREA 35 EVENTS

INCLEMENT WEATHER PROCEDURE

- ◆ Area Chair calls to cancel and/or re-schedule.
- ◆ Based on DOT report, national weather service, individual safety being paramount
- ◆ Chair asks for weather reports from all DCM's from respective districts either by email or phone for those that don't have computers.
- ◆ Chair notifies the Alano society in Aitkin on food preparations and possible re-schedule to following Sunday.
- ◆ Chair contacts webmaster results put on Area 35.org and reschedule date and time.
- ◆ Districts contact their DCM in inclement weather for updates on cancellation.
- ◆ Post procedure in Northern Lights.
- ◆ Chair remains available and in close contact as he or she is the focal point and main contact; he or she must make the decision, and be available for calls.

# AREA 35 MEETING MINUTES

## Area 35 Committee Meeting Minutes Aitkin, MN June 4, 2017

**Call to Order: Jim S.** Called meeting to order. Opened with the Serenity Prayer.

**Recognition of Past Area 35 Delegates in Attendance:** Bruce B., Panel 44; Susie A., Panel 48; Tom A., Panel 50; Jim Kath, Panel 62.

**Approval of the 2017 Spring Assembly Minutes:** Motion made and seconded to approve minutes. Minutes were approved.

### OFFICER REPORTS

**DELEGATE - Kelly D.** Kelly gave her report back from the AA General Service Conference and it is posted on the Area 35 Website.

**ALTERNATE DELEGATE - Roger R.** Good Morning.

My recent service activity includes the following.

Participation and presenting at the District 21 Sponsorship Workshop on May 6 in Bemidji MN.

Planning and chairing an Area 35 Zonal Forum in Alexandria MN for Districts 3, 4, and 15. Sixteen members attended this forum. Special thanks to Greg C., District 4 DCM, for hosting this Zonal Forum.

The next Area 35 Zonal Forum can take place in Zone 4 which is comprised on Districts 8, 9, 12 and 14. I will be in contact with the DCM's from these Districts to see if they have an interest in hosting a Fall Area 35 Zonal Forum, in their District.

I am setting up the 42 Area 35 Service Workshop for January 13-14, 2018. This workshop is scheduled to take place in Duluth MN. I will be in contact with Districts 3, 4,5, 7, 8, 12, 13 and 14 with an invitation to present at this service workshop. The theme for this workshop is "AA- A Solution for All Generations".

I am honored and humbled to accept District nominations I received, to stand for Delegate in Area 35. My Service Resume has been forwards to Jim S. and the Northern Light.

In service, Roger R.

**AREA CHAIR - Jim S.** Good Morning Everyone,

First the Joint Workshop will be held Nov 18<sup>th</sup> at the Bethlehem Church in St. Cloud. The cost of the event will be \$175 for the room rental. We will be able to make our own coffee so there will be no cost to buy coffee. I will ask Rillis to make up a flier and get them out as soon as possible.

The Fall Assembly has been set for Sept 30<sup>th</sup> and Oct 1<sup>st</sup> at the Hibbing Park and Hotel. Rooms are under \$90 per night. There will be a 4 week cut off time to get your room reserved at the discounted rate.

The Spring Assembly 2018 will be in Zone II, which is Districts 3, 4 and 15. I will be talking with the DCM's from each district to find out what is available for locations. I noticed in the Area Actions booklet that Sauk Center hasn't had an Assembly in quite some time so I will start with them and go from there.

The 2017 Spring Assembly Evals are ready. There were many good comments about what went well and what didn't. One item that was added to the itinerary as a result of these evaluations was an AA meeting from 5 to 6 was well received by the people that weren't apart of the GSR or DCM sharing session or the Area Officer Committee meetings.

Email communication is a vital part of what we do. We had an unfortunate situation arise at the Spring Assembly that was a result of an email I sent out that was not read and distributed. Please, we must read the emails being sent out. I do not send many emails out so when I do I believe they are important and need them to be read, and consequently if you are asked to do something, please do it. I am by no means perfect in this as well; there have been emails I have received that I didn't read as well.

I would like to thank District 3 for the nomination for Delegate.

In Service, Jim S. Area Chair

**SECRETARY - Rillis E.** Good Morning everyone, it is great to be here again. Since we last met, I compiled the minutes from the Spring Assembly

and sent them to Steve L. for publishing in the Northern Light. The minutes from the Assemblies are long because of the amount of information discussed so thank you to everyone who was able to give me an electronic copy of their report as it makes my job much easier. In addition, thank you to Brad for making a digital recording of the entire assembly as it is impossible for me to catch and understand everything that is said at the time of the assembly. Then finally thank you to Gail who sent me her notes of the agenda items discussion; they were very much appreciated and made the minutes more complete.

I made a flyer this past week for the Fall Assembly and sent it to Jim S. who forwarded it to Rodney for placement into the Area 35 calendar. Copies of the flyer are on the back table and I look forward to attending that event in Hibbing on September 30 and October 1 at the Hibbing Park Hotel and Suites. Will make flier for joint workshop.

Jim asked Area officers and committee chairs to update our guidelines. I changed some of the wording and rearranged the order of some of the bullets in the secretary guidelines. The three biggest changes I made were the secretary reads back the motion that has been put in writing by the maker of the motion prior to voting or discussion. A motion was passed during this rotation that all motions longer than 6 words will be put in writing by the maker of the motion to provide clarity on the intent of the motion. Another change I made is to the number of zonal forms the secretary attends and participates in during a rotation. In the past, the Zonal Forums were automatically scheduled in a zone. Now these Forums are optional and only occur if the districts in the zone request the forum or are in favor of it. The number of zonal forums the secretary is required to attend is a maximum of two per year or four during the rotation. The last change is the secretary will have 200 copies of the actions booklet printed initially rather than 400 as in the past since we have many booklet that have not been taken at this time. More booklets would be printed if needed. Just an FYI the Actions Booklet is also available on the web site.

I will be working on updating the Area Actions Booklet and my goal is to have most of it completed before the Fall Assembly. The updated Actions Booklet will be available at the February 2018 Area Committee Meeting.

I hope you all have a wonderful summer and thanks for letting me be of service.

Rillis E Area Secretary

**TREASURER - Christine G.** Greetings Area 35,

I hope everyone is enjoying the wonderful weather we are finally having! It is hard to believe that there are only 6 months left of this rotation. It has been an honor to serve as Area 35 Treasurer and I want to thank you for trusting me with your finances.

I attended and presented at the Zonal Forum yesterday in Alexandria. There were about 13 people that attended. I would like that thank the districts for inviting us and allowing us to share a little about what we do.

We received the quarterly report for GSO and through March 31<sup>st</sup>, 85 groups (15%) have contributed to GSO for a total of \$5,802.31.

In Area 35, through the month of May, we have had 134 groups that have contributed or 23% of all groups.

If you are interested in additional information on the quarterly report or group contributions you can see me anytime.

Please continue to talk to your groups about contributions to the Area and GSO. Another great way we can show our gratitude through contributions is contributing when we have our sobriety birthday. People can contribute to GSO and the Area. There are birthday envelopes available for the GSO and you can use the standard Area envelopes. Please note your group number for the contribution.

Have a great summer and thank you for allowing me to serve,

Christine G. Area Treasure

### COMMITTEE CHAIR & DCM REPORTS

**CPC - Jim T.** Not present no report.

**District 1 – Leslie H.** I am Leslie H. alcoholic. I am the DCM for District 1. It is an honor to be here and sober today.

Al-Anon along with District 1, participated again hosting the 35<sup>th</sup> Annual Spring Fling. It was on Saturday March 11, 2017 at the Fertile Community Center. I attended this and it was a very good day. I was told that about 48 attended. The speakers were very good.

(Continued on page 11)

### **Responsibility Statement**

*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.*

*(Continued from page 10)*

At our last District 1 meeting on April 9, 2017, we reviewed our Spring Fling that was on March 11<sup>th</sup>, at Fertile Community Center. We had a turnout of 48 that day. The speakers were great, and we had a great day of sharing our experience, strength, and hope.

We also discussed having an exhibit booth at the Polk County Fair this summer. It was voted to continue doing the booth this year.

I attended the Sponsorship Workshop in Grand Rapids, with John J. from Winnipeg, CA, speaking. I was able to meet many new AA friends and the speaker was great.

Our last District 1 meeting, it was discussed that Riverview Recovery has outpatient recovery classes and I was given the names and numbers of the CD counselors to contact to see if they may be willing to have AA speakers, speak to their groups. It was decided that I should contact them. I found out that they have a relapse prevention class in Crookston, Thief River Falls and Grand Forks. Also an Intensive Recovery Class in Crookston 3 days a week. I offered to speak at Crookston and Thief River Falls both the Relapse prevention class and the intensive recovery. I spoke at both places the first 2 weeks of May. I found that most of those attending were a mix of Alcoholic/Addict, which I am also. I brought AA meeting schedules to these classes and offered my phone number to be accessed through the counselors if anyone needs a ride to a meeting or to connect with a member of the groups for more information. I have already had 3 calls on this.

We are having Kelly D. speak on her trip to New York, June 25, 2017, at the Erskine Community Center at 3pm. All are welcome.

I thank you for being able to serve as DCM and continue in AA service.

Respectfully yours, Leslie H.

**District 21 - Jeff L.** Not present no report.

**WEBMASTER - Rodney S.** Greetings everyone,

We had a small committee meeting this morning, what with Bob B. and Steve L. for Group Records and Northern Light being gone, and Renell P. from District 6 was also absent. In fact, I would have been the only one had it not been for a guest, Tyler from Area 36. He is the District 7 Secretary, there, and serves on the Area 36 Group Records committee.

To further address Jim's announcement and directive regarding the Spring Assembly evaluations and their being up on Area35.org, he had sent them to me with the thought that they were already being displayed on the website, and a comment to disregard them if that wasn't the case—which is exactly what I did. If they are wanted I will put them on the site as soon as I can.

I have not had a lot going on since the Area Spring Assembly, other than there has been quite a few event flyers to be added to the events calendar. I have been having some issues again with the email accounts associated with the 2 websites.

Updating the Webmaster guidelines is still in progress. The guidelines will need to be updated according to the pending decisions at the Fall Assembly as to whether or not a meeting database for aameetinglocator, separate from the FNV database, is to be maintained, and whether or not it will be maintained by the Group Records Chair.

Tyler said that his desire for some background information on some discrepancies over Area 35/Area36 boundaries is what prompted him to sit in on my/our committee this morning. I felt that Bob from Group Records could have addressed those discrepancies better than me. We certainly did have several thorough discussions on many things from using tech support forums to whether modern technology is in fact a good tool for recovering Alcoholics and how it can be used, to district and area minutes. Which brings me to an apology for not getting my report from the Spring Assembly sent to Rillis on time to be included in the minutes for the Northern Light.

Yours in service, Rodney

**LITERATURE - Skip D.** See Grapevine Report

**District 11 - Cindy K.** We meet the first Tuesday of the month at the Peace Lutheran Church in Finlayson at 7:00 PM. Our July meeting will be July 11, 2017 due to the 4<sup>th</sup> of July holiday. (Thanks Rodney for changing that on the website)

Now that the weather is nice, I would like to attend the meetings in District 11 to promote GSR participation.

Kelly D. will be presenting her report from the 67<sup>th</sup> General Service Conference at a potluck on August 1, 2017 at 6:00 pm.

We are working on filling our committee chairs and are making our commitments at correctional facilities

This is a building time in our district and I am excited to see what the future holds.

In Service, Cindy S-K.

**District 7 - Liz L.** Grateful to be here with you today. We have recently had the pleasure to hear Kelly's report back from the GSC in NY. Thank you, Kelly, for your time! Thanks also to BR for joining us.

We are now gearing up for our County Fair Season. We will be representing the Cass County Fair in Pine River, June 29-July 2, then here in Aitkin for the Aitkin County Fair, July 5-8<sup>th</sup> and ending up with the Crow Wing County Fair in Brainerd, August 1-5<sup>th</sup>.

Another thing in the works is our Annual District 7 Potluck Picnic hosted by our District's Committee Members. This will take place Sunday, July 16, 11:00 AM to 2:00 PM at Lum Park in Brainerd. Picnic (bring a dish to share), games, beach for swimming, and a pier for fishing, plus a great opportunity to enjoy fellowship with fellow AAs and our families./PI, Treatment, and Archives.

In addition to all the fun, we continue to search for some chair people to serve the District for the next 6-7 months. Positions currently open are CPC/PI, Treatment, and Archives.

We also continue to watch for volunteers to assist with the AA Central Lakes phone line and to bring meetings into correctional facilities. Looking forward to all the summer Fun!

Yours in service, Liz L.

**NORTHERN LIGHT – Steve L.** Good Morning,

I regret I can't be there this fine morning. I want to thank Christine for getting the Northern Light to you, Rodney for passing them out and Scott for reading my report. My only granddaughter's High School graduation party is today at 1pm and thanks to this program I have a close relationship with her. I'm looking forward to hearing Kelly's report at Pike-Sandy on Wednesday June 7<sup>th</sup>.

I hope you like this issue of the Northern Light. I had one flier insert for this issue and I have another ready for the next issue. We now print 1,000 copies of the Northern Light and mail out 644 copies every two months. Since we are printing 1000 copies again of the NL there will be an increase in printing and flier insertion costs. These changes will take place with the next issue. The increase isn't substantial, an extra \$15 for insertion and a \$22 increase for printing one sided copies. This will all be laid out in the July/Aug issue.

I'm humbled that District 8 nominated me to stand for Delegate and have given my resume to Jim our Area Chair.

Since I can't go to the mike, I'll give a shout out that articles about your experience, strength and hope for your group, your standing committee, your District, the Area and AA as a whole are needed and welcomed from the fellowship. After all this fuss I've made about sending in articles to the NL, I confess I messed up and missed a submission. I give a sincere apology to the writer and promises it will make the next issue and I'll try to do a better job of editing from here on out.

Yours in Service, Steven L.

**GROUP RECORDS - Bob B.** Not present no report

**District 14 - Paul E.** District 14 is alive and well. We hold our District meetings at the third Thursday each month at 6:30 at the Coffee Landing. We have the following positions filled: DCM, Secretary, Treasurer, Archives, Corrections, Treatment, Literature chairs. We are currently looking to fill PI, CPC and Grapevine chairs.

We have three meetings that are actively participating at our District meetings. We appreciate those meetings for their participation and support. Margie E. had to step down as GSR from Sunday morning meeting and their new GSR is Kathy H. Thank you Kathy for stepping up to fill the GSR position.

Since the Spring Assembly our district has met three times. Twice for our regular meeting and once to begin planning our next workshop. Our workshop subject is "What is AA?" We feel the need is to inform our AA membership and the professional community. There is much information available on the AA website to put together a workshop for our AA members. We will need some help from our area to get the message to our professional community. At this time we have not set a date for the workshop.

We would like to say a big thank you to Kelly for her hard work as our Area Delegate. Thank you too Kelly for letting us know that we have the option to listen to give your report from the General Service Conference when you present to other Districts.

Yours in Service; Paul E.

**District 6 - Renell P.** Report submitted by Sharna J., GSR/Literature Chair, District 6. Greetings from District 6, nestled in the SE corner of Area 35. I am sorry I cannot be with you today. Work commitments will not allow me to be off today.

Since Spring Assembly, we have continued to reach out to Area AA members and community members. I have contacted and provided information to our school therapist and our local Veteran's Representative. We continue to provide AA meetings and contact info for inmates at our county jail and a local treatment center. Our treatment Chair continues to provide AA information to facilities in our district.

District 6 is planning an Archives Presentation on Saturday, June 24<sup>th</sup> from noon to 4:00 PM at the Isanti Alano, 790 Heritage Blvd., Isanti, MN. It will be a potluck. Please plan to attend. Flyers available in the back.

*(Continued on page 12)*



(Continued from page 11)

Not much else happening. I am thankful for all the help and support of my Officers and Committee Chairs.

By the grace of God, I will see you later this summer.

Yours in Service, Renell.

**TREATMENT - Gayle R.** Today in our committee we had 11 present, with Districts 6, 8, 12, 13, 14, 15, & 16 represented. Thank You Sara for taking notes for me. My report is printed in the Northern Light. Pat (Dist. 15) reported they take several meetings to facilities including Sobriety First in Mid-Town Square in St. Cloud on the 1<sup>st</sup> Thursday at 11am and 7pm and in Sauk Centre the 1<sup>st</sup> Mondays at 7pm. New Visions in Alexandria at 7pm on Fridays. Passages in St Cloud has a rotation printed for the year, District 15 has 5 groups that helps with Mondays at 7pm. Pat is also working with District 4 to present a beginners meeting, telling personal stories, what AA is, What AA is not, they are working for an August date. Margie (District 14) Moved to Montevideo in Area 36. Margie had asked but not quite sure what district she moved to. Kathy is her GSR replacement from International Falls, and it is Kathy's first time at a committee meeting. Mary (District 16) GSR looking for ideas for her district. Sara (District 8) having some difficulties filling speaking commitments at both Range Treatment and Arrowhead Treatment Centers. *\*\*IF anyone in Area 35 is willing and able to speak in Virginia at 8pm at either treatment center Please see Sara (or Gayle), your help is greatly appreciated \*\** Carrie (District 6) takes meetings into Dellwood Recovery Center bimonthly at 7pm. For Rush City they take 3 meetings every other Wednesday at 7pm. Sent out District 6 meeting schedules to 19 treatment centers. Steve (DCM) and Rich (Alt DCM District 12) reported Centers for Drug and Alcohol Treatment (CADT) has a new director who is requiring background checks. Rich has sent in forms twice and is still waiting. So there was no meeting in May. Duluth Bethel has a speaker meeting on Saturdays at 7pm. Teen Challenge in Duluth is not interested in AA's help just yet. Liberals in Cloquet decided to use their own AA people but now asking us to fill when they need us. Peggy (Secretary District 13) District 13 serves 11 facilities. Our treatment chair now has a committee and is working on contacting all facilities. The committee has a new list of facilities and a contact person for each facility.

I will be presenting on Treatment at the fall assembly, I asked committee about the topics they would like to include. Singleness of Purpose inside treatment centers, Communications with facilities, How we keep our commitments. We also tried to read page 6 out of the Treatment workbook, but we had difficulties hearing and discussing due to the noise in the room.

Thank you for letting me serve- Gayle

**District 18 - BR B.** Good morning my name is BR Borders, DCM district 18. We hold our district meeting the 1<sup>st</sup> Tuesday of every month. All is well in district 18. We do have some activities coming up. The Two Rivers Three Legacy Campout is on July 7-9<sup>th</sup> in Motley. The Staples Rendezvous will be held at Dower Lake on August 11- 13<sup>th</sup>. Campsites are first come first served. Flyers are on the back table. Hope to see you at both events.

Thank you, BR B.

**District 12 - Steve E.** Hello Area 35, I'm grateful to be alive and sober today.

It was nice to enjoy the Superior Roundup April 28-30<sup>th</sup>. Good attendance and great speakers and archive display, along with awesome ice cream made it a great event.

Our district is financially stable and we are grateful for group's contributions. The two billboards we purchased some time ago are still up as far as I know, so until someone else buys those spots, we are getting them free. Thank you to PI/CPC committee chair Rita L. for that and also for purchasing 208 PSAs at the non-profit rate of buy one and get one free. They will become run on Fox 21 and antenna TV in the near future. Our Literature committee chair, Chris L., reports that all is well as far as ordering literature, and she will be reaching out to our groups with Grapevine subscription forms. Our Correction committee chair, Frank K., has been keeping jails and prisons supplied with books and other literature for use at their AA in house meetings. He is trying to keep volunteers available to chair meetings. Treatment committee chair, Shelly H., had to change her plans suddenly and couldn't make it today, because of an accident in her family. Thank you to our Alt. DCM, Rich G., for filling in for her today. The Discovery Group open speaker meeting at Bethel on Saturday nights is well attended and we are thankful for those who chair, setup and find speakers. We are also grateful to Bethel for allowing us to meet there and for providing coffee and cookies.

We hold our district meetings the third Thursday of each month at rotating locations at 6:30pm. All are welcome.

Thank you.  
Yours in service, Steve E.

**ARCHIVIST - Brad I.**

Archivist and Archives Committee meeting report:

The meeting opened with a moment of silence followed by the Serenity Prayer. There were eight in attendance representing four districts plus one visitor from Area 36.

The Archivist Brad Iverson reported that he had done two displays and one

Talk since the Spring Assembly. He did not receive a formal invitation from the Superior Round-Up until 5 minutes before the point of no return. He did not want to drive to Waite Park from Minneapolis to load up or go all the way to Superior and find out that he was uninvited. He had spent 2 weeks previous trying to find a contact on the committee and did not get a response. 2 hours before the point of no return he contacted the Area chair for any numbers he may have and dug out his old phone and started calling numbers. 5 minutes before the point of no return, he got a call and a formal invite. He had to drive west on 94 at the height of rush hour to load up. Not being able to take Friday off he had to leave from work. It took him longer to get from Minnetonka to Arden Hills then from Arden Hills to Superior. Therefore, he got there late and was still setting up when the speaker started. The display was well received and he had some great conversations on why items were displayed.

The next week he brought a display to Thunder Bay Ontario and got across the border with no issues. He did not bring the gun cases with for this trip. He gave a one-hour history talk followed by a question and answer session. He got back across the border with no issues.

He was uninvited to Gopher State this year so he did not have a display there. He went to the Current Block Party instead. The parking was easier, it was 8 blocks from home, it was 5 bucks a day, he saw 12 bands and only didn't care for 3 of them, he didn't get sunburned or rained on.

District 11 reported that they need guidance on what they should be doing on the district level. The Archivist offered the suggested methodology. District 8 reported that the District chair has had medical problems and that he had turned over everything to the alternate. District 13 reported that he is gathering and collating minutes and event flyers. District 1 reported not much going on.

For upcoming events, The Archivist is giving a history talk and presentation in Moorhead on June 10 and in Isanti on June 24. The committee will be doing a presentation at the Fall Assembly.

Brad I., Area 35 Archivist

**ARCHIVES - Steve D.** See above report.

**District 8 - Scott M.** A few things to report from District 8. First, at our last district meeting we nominated Steve L., Area NL editor, to stand for Area 35 Delegate. I have known Steve since first getting sober and was happy to see he is willing to serve at this capacity. Also, plans are finalized to host a concepts presentation to be held August 19 in Virginia at the UMC from 12:00 to 4:00. Please check the flyer if you grabbed one, slight over sight on my part and forgot the date. I am happy to announce that our District finally secured a Secretary. Thanks you Heidi for assuming this responsibility. Looking forward to having Kelly visit our District this Wednesday in Pike and hearing her present her report.

**District 4 - Deb S.** Not present no report

**CORRECTIONS - Servando M.** This morning's meeting consisted of members from district 6, 8, 9, 11, 13, 14, and 15. We discussed Transition Fairs, temporary contacts, and meeting facility requirements. I am currently updating my guidelines; I had wanted to consult some of our committee members to see how I should word the changes to our attending the Area 35/36 Joint Corrections Meetings.

**District 2 – Myron H.** My name is Myron and I am an alcoholic. I am the DCM representing District 2. Our district meets at 2pm on the 2nd Sunday of odd numbered months, at the First Lutheran Church in Middle River. I have a good news/bad news report. Kinda like-the good news is we finally have summer weather, the bad news is in 17 days the days start getting shorter. Saying that seems to affect some peoples attitude and outlook. Good news...We have plenty of funds, bad news we have poor participation. It is rare anyone else from my district is at an area event. With 30 registered groups and a few un-registered groups, we get maybe 2 or 3 GSRs at a district meeting. We lost our district secretary due to a relocation. April did a great job for us. Our alternate DCM has started a new job since the rotation started, so has had trouble attending district meetings...So....now, we have a DCM, a treasurer, a temporary literature chair and a corrections chair.... It can be discouraging...but then I remember what my life was like a few years ago, and what it is like now and all the great people I have met since becoming involved in service work and I realize it is all good. I will continue to attend the various meetings, and carry the message the best I can. Looking forward to Kelly's Delegate report in Erskine on June 25, at the community center, 3 pm. All are welcome.

**District 13 – Sean S.** District 13 has recently undergone a change in DCMs. Our previous DCM has stepped down from his position to pursue other interests. We are grateful for all Al has done for the district and for Alcoholics Anonymous.

Districts 13 is greatly saddened that no one from within the Area contacted the District about the issue regarding adding a "YPAA Subcommittee" to the service structure. As a District that hosts two YPAA meetings, with almost 80 years of experience "carrying the message", we believe our District was in a unique position to add insight and guidance into this issue. We are disappointed that no one thought to ask these two groups what they thought on the matter. District 13 is disappointed to see the issue of the MN State Fair once more in the Area budget. At this year's Joint Area 35/36 Workshop, the consensus between the two Areas was that the PI booth was a waste of time and resources. If the Area is not following the guidance coming out of these

(Continued on page 13)



*(Continued from page 12)*  
workshops, we recommend putting a halt to them. Our District just went through a District inventory. Unfortunately, the results from the inventory were skewed due to a faulty sample size and methodology. Thus, the results were declared null and void and the inventory was stricken from the record. Lessons learned from this inventory can be viewed in this month's Northern Light.

Some of us attended the MNYPAA conference in Minnetonka this past April and hosted a hospitality suite giving out over 250 meeting schedules. One member of the District was asked to present on the topic of "Safety in AA".

We recently printed 10,000 meeting schedules. Two thousand went to hotels, churches, treatment centers, sober living houses, etc.

We also printed 100 posters with our AA Hotline number and website address for Area 35. These posters have been distributed to members of the faith community, professionals in the field of alcoholism and all the Kwik Mart gas stations in St. Cloud.

District 13 continues to host a Beginner's Meeting held every Wednesday at the St. Cloud Alano Club. The Beginner's Meeting is an Informational Meeting and is open to anyone wanting more information about A.A.

District 13 continues to conduct an AA Emergency Hotline-the hotline is fully staffed and operates 24/7. The volunteers for the hotline take phone calls at all hours of the day to provide aid and assistance to the newcomer or AA in need.

District 13 continues to attend meetings of the Recovery Community Network in St. Cloud. This meeting of professionals in the field of alcoholism who meet on a monthly basis to discuss upcoming sober activities. We share information about upcoming Speaker and Potluck meetings and distribute A.A. meeting schedules. If other districts are interested in learning more, please feel free to contact me.

Upcoming events in District 13:

- \* On June 11<sup>th</sup> we are having a Founder's Day Picnic.
- \* On June 29<sup>th</sup> we are having an Open Speaker Potluck Supper.
- \* On August 31<sup>st</sup> we are having an Open Speaker Potluck Supper.
- \* And on September 23<sup>rd</sup> we are having our 3<sup>rd</sup> Annual AA Convention.

You can find the information on all these events and more at the Area 35 Events Page.

Finally, our district would like to recognize the work of Rodney the Area 35 webmaster. We frequently send fliers to him on upcoming events in District 13 and he gets them up on the Area 35 events page in a very timely fashion. This is a great service and resource to both the Area and our District. Thank you Rodney.

Yours in Service, Sean

**District 15 - Melissa A.** Greetings from District 15,

We have our District meeting the first Monday of every month at 8:00pm located at the Albany Senior Center. We are meeting all of our commitments and have been selling a lot of literature, which is good; we are at a great place financially and have been getting our group records updated. We are in the process of setting up a District inventory, which we would like to get done before I rotate out. I attended the Zonal Forum yesterday. I would like to thank Greg from District 4 and the Area for putting that on for zone 2. We have our Delegates report back on June 24<sup>th</sup> with District 13, which we are hosting and look forward to hearing Kelly's report back. I have a handful of groups left to attend before my rotation is up. I am attending the State Fair and will be the captain of the A.A. booth on Sunday August 27<sup>th</sup>, which I am really looking forward too.

Thank you for allowing me to be of service and thank you to everyone who puts so much time and effort into service work, without you A.A. would suffer and I am grateful for each and every one of you.

Melissa A.  
DCM 15

**PI-Mark N.** No report

**District 9 - Kathy R.** Thanks to Antoinette F., our alternate DCM, for reading this report. It has been a busy quarter. We hosted, along with District 16, the Delegate's report. Kelly did an excellent job not only sharing what went on but also answering our questions-thanks Kelly.

We were privileged to nominate Roger R. for the next delegate. He has worked with our district, most recently helping us to review the Hot Topics items as we prepared for the Spring Assembly.

We are looking forward to co-hosting the Fall Assembly with District 8.

Our district is in process of a district inventory. The answers to the questions are amazing.

We are taking July off. Nominating in August then vote in September. Ready for Assembly in October.

Have a wonderful summer and see you in October.

In Service, Cathy R

**District 5 - Jon S.** Not present no report.

**GRAPEVINE/LITERATURE – Paul M.** Greeting from Area 35 Grapevine Chair. We had seven districts in attendance this morning. We discussed what is going on in our districts. I placed another \$500.00 order and received about a \$100.00 discount. I sold about \$250.00 of Grapevine literature this morning. The new book "Making Amends" and the 12 Traditions are hot sellers. I have some of the 12 Traditions. I am currently sold out of "Making Amends" but will have some soon. Please encourage members to subscribe to the Grapevine and to use the Gift Subscription for gifts. If you need any Grapevine Literature or subscription forms, let me know. I will be attending the Heartland Round Up with the Grapevine and putting on a writing workshop.

**District 3 – Brian P.** Not present no report.

**District 16 – Mike F.** My name is Mike F. and I am the DCM for District 16. We hold our district meeting on the first Wednesday of the month at 6:30pm in Grand Rapids.

Our district is also represented here today by our Literature and Grapevine Chair Dave C., and Mary R., a member of our Friday night As Bill Sees It group.

We have filled our PI/CPC position with a member who had volunteered to be of service for the last part of this rotation.

Our Corrections and Archives positions are currently open. However, we still fulfill a weekly meeting in the men's county jail.

The 47<sup>th</sup> annual Iron Range Get-Together was held in Grand Rapids in early May. There were more than 300 registered attendees.

Our district attended Kelly's delegate report at the Hibbing Alano Club in District 9 on May 20<sup>th</sup>. Thanks to Kelly for an excellent report.

The Tuesday Night Solutions Group will be hosting their annual round-up "A Weekend with Bill and Lois" at Camp Hiawatha at Deer Lake on July 28<sup>th</sup>, 29<sup>th</sup>, and 30<sup>th</sup>.

We have begun planning what at this point we are calling a service position workshop, scheduled for Saturday September 23<sup>rd</sup>. It is our hope that we will be able to encourage more participation at the district level. Our past delegate Jake has offered to help out with this presentation.

We currently have 22 groups in our district.

The district is solvent and we have a prudent reserve.

Thank you for allowing me to be of service, Mike F.

### OLD BUSINESS

None

### NEW BUSINESS

**FOC Report-Jim K.** The FOC met now and at the Area Assembly. They usually don't meet at the Assembly but did because they did not meet in February. The books balanced then and now. "Christine is a fantastic treasure."

**Annual Workshop-Jim S.** Scheduled for January 13 & 14<sup>th</sup>, 2018 at the Radisson in Duluth. Bob W. is the guest speaker.

**Spring Assembly Evaluations-Jim S.** See Jim's report

**Delegate Nominees**-Christine G. currently serving as Area 35 Treasure, Roger R. currently serving as Area 35 Alternate Delegate. Jim S., currently serving as Area 35 Chair. Steven L is currently serving as Northern Light Editor.

**Calendar of Events**-See Northern Light and Area 35 website

**Adjourn**-The meeting closed with the Lord's Prayer.

OVER BREAKFAST the morning after, the wife confronted the hungover, remorseful husband, "I'll bet you don't even know what day this is!"

"Of course I do!" the guilty one insisted and huffed off to his office. At 10 A.M. the doorbell rang and the wife was handed a box of long-stemmed roses. At noon, two pounds of her favorite candy arrived. Later, a boutique delivered a designer dress. When her angelic hubby got home that evening she exclaimed, "I've never had a more wonderful Groundhog Day in my whole life!"

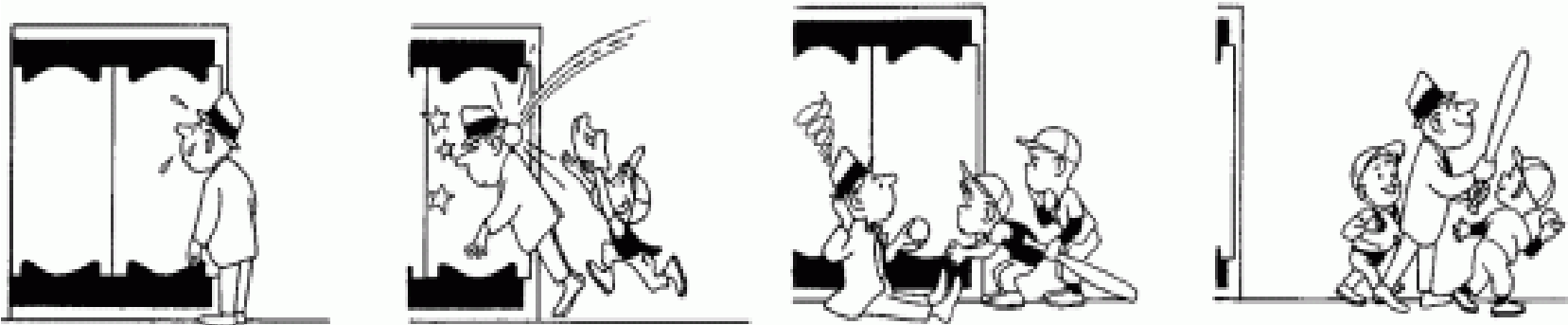
### A Declaration of Unity

*This we owe to A.A.s future; to place our common welfare first; to keep our Fellowship united. For on A.A. unity depend our lives, and the lives of those to come.*

# UPCOMING EVENTS IN AREA 35

\*See area35.org for printable flyers

July :	28 <sup>th</sup> - 30 <sup>th</sup> : A Weekend with Bill and Lois * Camp Hiawatha Camp Hiawatha Road Deer River, MN	September: 8 <sup>th</sup> - 10 <sup>th</sup> : 27th Annual Heartland Round-Up* Northern Pines Assembly Grounds 20033 County 1 Park Rapids, MN
August:	6 <sup>th</sup> : Area 35 Committee Meeting * Alano Club 9:30 am –2 pm 322 1st Ave NE Aitkin, MN	23 <sup>rd</sup> : St. Cloud A.A. Convention * 713 Anderson Ave 12pm – 11pm St Cloud, MN
	11 <sup>th</sup> - 13 <sup>th</sup> : 38 <sup>th</sup> Keep it Simple Weekend* Camp Chicagami on Pleasant Lake . Eveleth, MN	October: 7 <sup>th</sup> & 8 <sup>th</sup> : Area 35 Fall Assembly * Hibbing Park Hotel (218) 262-3481 1402 E Howard St. Hibbing, MN
	19 <sup>th</sup> : 12 Concepts of World Service * United Methodist Church 12 pm - 4 pm 303 S 9th Ave W Virginia, MN	27 <sup>th</sup> & 28 <sup>th</sup> : 35th Annual St Cloud Roundup * River's Edge Convention Center 10 4th Ave S St Cloud, MN
	19 <sup>th</sup> : District 3 Service Workshop * Perham Alano 2:30 pm –8pm 43452 Co Hwy 34 Perham, MN	November: 18 <sup>th</sup> : Area 35/36 Joint Workshop * Bethlehem Lutheran Church 12pm –4 pm 4310 Co Rd 137 St Cloud, MN
September:	5 <sup>th</sup> : GSR Workshop * St. Cloud Alano 7:30pm - 8:30pm 127 7th Ave NE St Cloud, MN	24 <sup>th</sup> - 26 <sup>th</sup> : Founder’s Day Weekend 2017 DoubleTree Bloomington 7800 Normandale Blvd Bloomington, MN
	8 <sup>th</sup> - 10 <sup>th</sup> : West Central Regional Forum* Holiday Inn City Centre (605) 339-2000 100 W 8th St Sioux Fall, SD	December: 3 <sup>rd</sup> : Area 35 Committee Meeting * Alano Club 9:30 am –2 pm 322 1st Ave NE Aitkin, MN



27th ANNUAL  
HEARTLAND ROUND-UP

20033 County 1 • Park Rapids, MN

FRIDAY, SEPT. 8

3:00 ..... Registration Begins

6:00 ..... Sandwich Bar

8:30 ..... AA Speaker – Ed R. – Minneapolis, MN

10:30 ..... Campfire Call-up Meeting

SATURDAY, SEPT. 9

8:00..... Breakfast

10:00 ..... Al-Anon Speaker – Germaine L. – Rapid City, SD

11:30 - 1:00..... Lunch

1:00 - 2:15..... AA Speaker – Kenny H. – Grand Forks, ND

2:30 - 3:30 ..... AA Workshop – Paul G. – Brecksville, OH  
“Singleness of Purpose”

3:45 - 4:45..... AA Workshop – Paul M. – Wahkon, MN  
“Grapevine Article Writing”

3:45 - 4:45..... Al-Anon Meeting

5:30 ..... Dinner

7:30 ..... AA Speaker – Paul G. – Brecksville, OH

9:30..... Dance - Music By “Big Show Entertainment”

SUNDAY, SEPT. 10

8:00..... Breakfast

10:00..... AA Speaker – Christina G. – Brecksville, OH

11:30..... Lunch

3:00..... Check-out

Make Your Reservations Early!

LODGING

Sleeping accommodations are warm and clean with single, double and bunk beds with mattresses. All you need to provide is your own amenities, bedding, pillows, towels and wash cloths and a flashlight.

All Northern Pine buildings are smoke free.

Pets must be leashed or contained at all times.

Cabins . . .

14 cabins (3 on the lakeshore) which sleep from 4 to 20. All have toilet and shower facilities; some have fireplaces, larger living-meeting rooms, and kitchens. Minimum occupancy on some. Three cabins handicapped equipped. Call for availability. Some are pet free.

Preregistration required by July 15, 2017.

Mail form and payment to:  
Heartland Round-Up 2017  
38668 Walker Lake Dr  
Richville, MN 56576  
218-495-2483

WEBSITE and FORMS

For more information  
about the Round-Up  
www.heartlandroundup.com

If you prefer:

AmericInn ..... 1-218-732-1234

C'Mon Inn..... 1-800-258-6891

Super 8 Motel ..... 1-218-732-9704

Rustic Inn ..... 1-218-237-2828

For resort information contact  
Park Rapids Chamber ..... 1-800-247-0054

A Weekend of  
Fun and Fellowship!

Register only one person per form.  
Exception - List children below  
who will attend with you.

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_

☐ Please check if new mailing address

Phone # \_\_\_\_\_

E-mail \_\_\_\_\_

Attending? Please check:  
☐ Returnee ☐ New

Children attending with you:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Additional forms can be downloaded from our  
website: www.heartlandroundup.com

IF YOU WANT to have the last word in an argument, try saying, "I guess you're right."



# UPCOMING EVENTS IN AREA 35

\*See area35.org for printable flyers

2017 West Central Regional Forum **REGISTRATION FORM**  
PRE-REGISTRATION ALSO AVAILABLE ONLINE AT: WWW.AA.ORG

Name \_\_\_\_\_  
Street Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
Phone \_\_\_\_\_  
Email \_\_\_\_\_

Do you need a Spanish Language Interpreter? ☐  
Is this your first Regional Forum? ☐

Information provided is "Confidential"  
and will only be used for this Regional Forum.

Mail to G.S.O to Arrive by: **September 4, 2017**  
General Service Office, P.O. Box 459,  
Grand Central Station, NY, NY 10163  
Att: Regional Forums

**HOTEL RESERVATION FORM**  
2017 West Central Regional Forum  
**September 8 - 10, 2017**

**Holiday Inn**  
City Centre  
100 W. 8th Street  
Sioux Falls, SD 57104  
Phone: (605) 339-2000  
Rate cutoff date: **August 8, 2017**

Arrival Date \_\_\_\_\_  
Departure Date \_\_\_\_\_  
Number of Nights \_\_\_\_\_  
Room Type \_\_\_\_\_  
Guests per room \_\_\_\_\_

**Room Rates:** Single/Double: \$119 (plus tax)

Name \_\_\_\_\_  
Street Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
Telephone \_\_\_\_\_  
Credit Card # \_\_\_\_\_  
Exp. Date \_\_\_\_\_

For discount rate mail to Hotel to Arrive before: **August 8, 2017**  
Holiday Inn City Centre, 100 W. 8th Street, Sioux Falls, SD 57104  
Att: Melany Pravecsek

For special room rate use Group Code: **GAA**

2017  
**WEST CENTRAL**  
REGIONAL FORUM  
**HOLIDAY INN**  
City Centre  
100 W. 8th Street  
Sioux Falls, SD 57104  
(605) 339-2000

Group Code: **GAA**

September 8 - 10, 2017

**Friday:** 6:30pm - 9:30pm **Saturday:** 9am - 9pm **Sunday:** 9am - 12pm

**HOTEL RESERVATIONS**  
Can be made by:  
PHONE: (605) 339-2000  
Group Rate cutoff date: **August 8, 2017**  
ONLINE: [www.aa.org](http://www.aa.org) (Click on: "For A.A. Members")  
FOR SPECIAL ROOM RATE: use GROUP CODE: **GAA**

## Tentative SCHEDULE of Events

FRIDAY		SATURDAY (Continued)
2pm–TILL CLOSING 6:30–6:45pm	Registration First Timer Orientation	2–2:30pm General Sharing Session 2:30–2:45pm Break 2:45–4:15pm G.S.O. Presentations 4:15–5pm General Sharing Session
7pm–8:30pm	Opening Session: Board Presentations Break	5–7pm Dinner 7–7:55pm Workshops 7:55–8:05pm Break 8:05–9pm Workshops
8:30–8:45pm 8:45–9:30pm	Video PSA: General Sharing Session	
SATURDAY		SUNDAY
9am–TILL CLOSING 9–9:45am	Registration Delegate Presentations Break	9am–10:30am Registration 9–9:45am First Timer Sharing Session
9:45–10am 10–11:15am 11:20–12noon 12–1:30pm 1:30–2pm	Full Forum Workshop Grapevine Presentations Lunch Trustee-at-Large Presentation	9:45–10:30am Ask-It Basket/General Sharing Session Break 10:30–10:45am Past Trustees' Sharing 10:45–11:30am Break 11:30–12noon Closing Remarks

\* Meals are on your own

## REGISTRATION Information

There is no charge to attend Regional Forums. Please pre-register to support GSO with event preparation. You can always register onsite. To pre-register online, go to [www.aa.org](http://www.aa.org), click on "For A.A. Members." All who register will receive a Final Forum Report.

**Founder's Day Weekend 2017**  
**November 24, 25 & 26, 2017**  
**Celebrating 77 Years of AA in the Upper Midwest**  
*and Honoring AA Members With One Year of Sobriety!*  
**Register Online at: [www.FOUNDERSDayMN.org](http://wwwFOUNDERSDayMN.org)**

<b>Friday, November 24</b> 4:00 PM Registration Opens 7:00 PM Celebrating the History of AA in the Upper Midwest 9:00 PM *AA Speaker: Georgia B. (Los Angeles, CA)	<b>Pre-Registration</b> \$15.00 <b>At the Door</b> \$18.00 Registration required and must be paid to attend Founder's Day Weekend events.
<b>Saturday, November 25</b> 10:30 AM Panel of Weekend Speakers 1:00 PM AA Open Call-Up Meeting 1:00 PM Al-Anon Open Meeting 3:00 PM *Al-Anon Speaker: Chris C. (Temecula, CA) 6:00 PM Banquet 7:30 PM *AA Speaker: Doug R. (Los Angeles, CA) 9:00 PM Dance	<b>Banquet (Limited Seating)</b> \$35.00 The Banquet begins at 6:00 pm Saturday evening.
<b>Sunday, November 26</b> 9:00 AM Breakfast 10:00 AM *AA Speaker: Bart R. (Stuart, FL)	<b>Breakfast</b> \$15.00 The Breakfast begins at 9:00 am Sunday morning. Theatre seating will be provided at 9:45am for the Speaker Meeting.
*These meetings are ASL Interpreted	<b>Big Book Study &amp; Action Seminar</b> Friday, Saturday and Sunday
	<b>Founder's Day Weekend Dance</b> Saturday 9:00 pm

Activities and Accommodations at  
**DoubleTree Bloomington - Minneapolis South - Bloomington, MN**  
7800 Normandale Blvd, Bloomington, MN 55439 • 952.835.7800 or 800.222.8733

Special Room Rates are available with early reservations.  
Please make reservations directly with the DoubleTree Bloomington Hotel.  
Indicate they are for Founder's Day Weekend.

## 12 CONCEPTS OF AA WORLD SERVICE

AUGUST 19TH, 2017

UNITED METHODIST CHURCH  
303 S. 9TH AVE W.  
VIRGINIA, MN

12PM-4PM

PRESENTED BY  
TOM A.

CURRENT WEST CENTRAL REGIONAL TRUSTEE  
&  
SCOTT J.  
PANEL 35 DELEGATE AREA 35

JOIN US FOR AN AFTERNOON OF FELLOWSHIP IN  
DISTRICT 8 AS WE GROW IN UNDERSTANDING OUR  
CONCEPTS

For Information or Questions Contact: SCOTT M.

Bringing the pieces together...

GSR Workshop

St. Cloud Alano Club – 127 7<sup>th</sup> Ave NE  
Tues, Sept 5, 2017 - 7:30-8:30 pm



Sponsored by the Dist. 13 P.I. Committee



(Continued from page 7 [Carrying the Message](#))

5. Carry its message:

Tradition number five reminds us that “each group has but one primary purpose – to carry its message to the alcoholic who still suffers.” Thus, each group carrying a meeting into a facility has the freedom to select a format that is best suited to its message. For example, a Big Book group may want to bring in a Big Book meeting or a 12x12 group may want to bring in a 12x12 meeting.

However, it is highly recommended that a group have a developed format for their facility meeting. Winging it one week might go OK, but week after week of winging it will get old quickly for both the facilitator and the meeting attendees.

Lastly, bear in mind that we ultimately do service work to obtain a daily reprieve from the first drink. We aren’t going into the facility to get others well; we are going in to keep ourselves well. As stated on page 94 of the book Alcoholics Anonymous:

*“It is important for him to realize that your attempt to pass this on to him plays a vital part in your own recovery. Actually, he may be helping you more than you are helping him.”*

John D.  
Big Lake, MN

(Continued from page 8 [Personalities Before Principals](#) )

gree we just do. The question is, do we discourage others from service work or chase them away because our way of service work is the correct way, thus the only way.

Are we being senators who govern and are we forcibly inserting our views on others, just like politics? I have learned in Area 35, we are generally in the minority within our fellowship nationwide on how we think is the best ways to carry the message of Alcoholics Anonymous. How many delegate reports states we are in the minority on a great many agenda items?? Are we, though, intimidating or bullying others who are willing to serve, because we have better ways of serving. Are we being discouraging with those new to service work by inserting our opinions to their way of thinking?? If we are chasing the new servants away, who’s going to reach out to the alcoholic who suffers? Will we be doing all the service work alone?

How can we help anyone including ourselves if there is no one else to help carry the message? It’s easy for me from here to say, let’s work together to reach that common goal of helping those to suffer. Our leaders are but trusted servants, they do not govern. Can we put our personalities aside for our common welfare? What happened to “we are responsible, when anyone, anywhere reaches out for help”, we need each other to work together in our groups, our districts and in our area because we can’t do this alone. It’s ok if you don’t agree with me, just keep reaching for the alcoholic who still suffers, I will too...

Gayle R.  
Thursday 8:30pm Candlelight Group,  
District 13, Area 35 Northern Minnesota

“Challenges We Face Maintaining Unity”

The topic that Richard has provided to me could just as easily have been “Challenges we face in adhering to our Traditions”. Bill Wilson clearly articulated that if we are going to fail – and I would presume that failure is preceded with challenges -- it will be from within AA. And of course, it is the demonstration by AA members and all AA service entities that will provide the answer if we will transcend the endless challenges that AA will face along the way.

Before I speak of the Traditions which of course are the set of principles that we use to insure our unity, I’d just like to preface it with what I consider to be the biggest promise in AA and build from that: that you and I will have a spiritual awakening as THE result of the first 11 steps – not A result, but THE result. That in fact is simply what is necessary to have recovered, trusted servants to foster and insure unity and service.

Pondering that for a moment, you and I would therefore expect that we should have a queue of people waiting and wanting to be of service in any way possible, if indeed the Big Book’s bottom-line message that “our real purpose in life is to fit ourselves to be of maximum service to God and the people about us” is being lived by each sober, recovered member of AA. Unfortunately, I would doubt that few if any of us are faced with the problem in our meetings of people waiting in line to have their next service opportunity.

I therefore draw the conclusion today's that for some reason, we are losing our members somewhere between step 1 and step 12, and hence, a disproportionate amount of people in the rooms of AA are not recovered as the book tells us. That, then, disallows us to venture forward to be part of strengthening the unity of AA if we have a systemic problem of unrecovered alcoholics in our rooms. Yes, surely we hope there’s always many unrecovered alcoholic newcomers that want our program of recovery and step across the threshold of our home group. But if recovery of the people filling our rooms is not taking place, we have a great challenge. That is actually the precursor to insuring the unity of AA.

This brings us to the topic Richard gave me – the challenges we have in AA to unity. Humble and obedient conformance to the Traditions will in fact provide the environment to carry the AA message to the unrecovered alcoholic. Conversely, the largest challenge is a lack of adherence to the Traditions by the membership. The 12<sup>th</sup> Tradition gives us the spiritual foundation of all Traditions to insure they are practiced: anonymity which has the spiritual substance of sacrifice, and humility breeds both of these life-giving traits. It is an incredibly powerful experience to identify and strive for that common thread of anonymity in each of our Traditions, and it is a spiritual exercise that pays priceless dividends to the person and group that adopt these anonymous principles into their very life. Of course, Bill said it best:

*“Anonymity has two attributes essential to our individual and collective survival; the spiritual and the practical. On the spiritual level, anonymity demands the greatest discipline of which we are capable; on the practical level anonymity has brought protection for the newcomer, respect and support of the world outside, and security from those of us who would use A.A. for sick and selfish purposes.”*

We don’t call ourselves servants or trusted servants for just any reason. Servants by definition are humble and obedient and united to their master. There’s that humility thing again. How do I obtain that? Tiebout in *AA Comes of Age* clearly articulates how that takes place --- through surrender. But not just the surrender we talk about to being powerless over alcohol, but a continuous, disciplined surrender to maintain a state of humility sufficient to ultimately be of maximum service to God and the people about us, which will indeed foster unity in AA.

Specific challenges? Well, the most applicable way of identifying the ones that affect us and we can both address and surmount are provided by those Traditions, again. Easily identifiable challenges are issues such as: (1) lack of singleness of purpose (one that Bill and indeed history pre-dating AA identify as something that will surely spell our demise if we do not adhere to it); or (2) not being just as concerned about AA as a **whole as** with our own home group and the simple requirements of coffee and rent; (3) not practicing and living the spiritual and organizational principles in taking full ownership of the fellowship of which all of us are stockholders by being fully self-supporting; (4) not being service workers that become responsible to- rather than for-those-they serve; **and** (5) I believe more than anything else a lack of humility by each and every member with regard to our Twelfth Tradition in maintaining their anonymity – and hence, humility -- in the self-disciplined fashion Tiebout so eloquently describes in *AA Comes of Age*. These are some of the primary challenges we face.

Other challenges? Sure, I could give you a litany of challenges that will surely arise in our social, medical, economic or political climates that affect us in the course of progress on our spiritual paths individually or collectively. But the Traditions will provide us with the decision-making tools to insure we face any of these temporary and changing challenges and maintain a firm bedrock of spiritual principles that help insure our sobriety and the survival of Alcoholics Anonymous for as long as God as we understand Him deems fitting.

Yes, the stakes are high for our fellowship and our individual sobriety with regard to surviving and thriving in an ever-changing world. We can become another organizational statistic like the predecessors to AA that didn’t adopt and practice an enduring set of principles that we have in our Traditions that can insure the unity of Alcoholics Anonymous for generations to come. Or, by each of us being humble, obedient, anonymous trusted servants with a singular focus to unceasingly try to carry the message to the still suffering alcoholic and by practicing these principles in all our affairs, we will transcend the challenges to our unity and be of maximum service to God and the people about us.

Thank you.  
Tom A.  
WCR Trustee

(Continued from page 8 [Seven Steps to Conflict Resolution](#))

6. Additionally from the Big Book on page 417: "And acceptance is the answer to all my problems today. When I am disturbed, It is because I find some person, place, thing, situation -- some fact of my life -- unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing happens in God's world by mistake.
7. Until I could accept my alcoholism, I could not stay sober; unless I accept life completely on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and in my attitudes”.

Finally from the Big Book, on pp 84: “Love and tolerance of others is our code”.

Conflicts will arise in my life. No one leaves this spiritual plane unscathed. However, although conflicts are a given, how I respond to them is a choice. If I focus on my side of the street and I practice love and tolerance of others I can always weather “the slings and arrows of outrageous fortune”.

"The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy." - Rev. Dr. Martin Luther King, Jr.

John D.  
Big Lake, MN  
Dist. 13, PI Chair



NORTHERN LIGHT PRIMARY PURPOSE:

The Northern Light (N.L.), is a general service newsletter that serves Area 35 to facilitate bilateral communication between the groups, districts, Area and G.S.O. levels in the Northern Minnesota area. Its purpose is to:

- ◆ Publish an informative and attractive newsletter to the Area in a timely fashion.
- ◆ Encourage District reports and be available to work with Districts on communications. One or more of the N.L. Committee should try to attend area events to report on what’s happening in their areas. If they are unable to attend, encourage local members to write short articles about events and happenings to be published in the N.L.
- ◆ Provide encouragement for writing articles, particularly to

D.C.M.s and Area Action Committee Chairs. This should include the strong encouragement to submit their reports for each issue, if no report is submitted it will be stated, example “Northern Light Report - NOT GIVEN” this is currently being done in the Southern Minnesota Area newsletter.

- ◆ Keep informed of activities and issues going on within Alcoholics Anonymous as a whole. The N.L. Committee could subscribe the Grapevine or other pertinent A.A. news sources.
- ◆ Gather useful service information to publish from sources within the Area, Region and A.A. as a whole. Obtain, read and use other Area newsletters.
- ◆ Listen to comments from the Area on the content of the N.L.

EDITORIAL POSITION & N.L. COMMITTEE:

**Editor** - The Editorial Chair position is a two-year rotation picked by the incoming Area Chair and either approved or rejected by the Area Committee at the first Area meeting after the Fall Assembly Elections.

**Desirable qualifications:** Current or past working knowledge of the printing business. Knowledge of current computer printing programs. The person should also consider the time needed to complete the task required. The candidate should have a working knowledge of A.A. as a whole, i.e., prior experience in service work such as G.S.R., D.C.M., or related position.

**N.L. COMMITTEE** - The N.L. Committee consists of two D.C.M.s in Area 35. Currently, these have been picked randomly at the start of the new rotation. They also serve on a two-year rotation basis. They assist the editor in communications with other area newsletters, in recommendations on general improvements, and with general problems and implementations of new policies. They may also represent the editor at functions when the editor is unable to attend. Seek advice and help from former N.L. Committee members and editors.

**N.L. COMMITTEE MEETINGS:**

The Committee meets every other month, before the start of the Area Workshop and at Spring and Fall Assemblies. Additional meetings may be called for if needed between these times.

NORTHERN LIGHT SUBMISSIONS:

General submissions to the *Northern Light* are very welcome! Feel free to send letters or articles that are pertinent to Alcoholics Anonymous. However, please note that if space is limited, first priority will be given to reports from Area Officers, Area Standing Committee Chairs and D.C.M.s from Area 35.

Submissions are preferred electronically using a Word or WordPad document to the Area’s newsletter e-mail address: [northernlight@area35.org](mailto:northernlight@area35.org). Most other file formats can also be accepted. You may also send articles or letters to my postal address, listed on page 2. The deadline for each Issue is printed on the front page.

Letters to the Editor or opinion articles should have a title. They also **can not be anonymous**. Please include the first name, last initial and name of the city where the author is from. If you have any questions regarding submitting an item for the *Northern Light*, please do not hesitate to contact me. Thank you!

Northern Light Editor,  
Steven L.

Directions for Inserting a Flier into the Northern Light

1. First & Foremost **Contact the Northern Light Editor** at [northernlight@area35.org](mailto:northernlight@area35.org) or call the phone number listed on page 3 of the hard copy, print version of the Northern Light, for the Northern Light Editor (remember this will change every 2 year rotation).
2. Email a pdf version of your flier to [northernlight@area35.org](mailto:northernlight@area35.org) for approval. Upon approval a copy will be forwarded to the webmaster to be placed on the Area 35 websites calendar of events.
3. Upon approval mail to :  
**Cold Spring Record**  
**PO Box 456**  
**403 West Wind Court**  
**Cold Spring, MN 56320**  
**With an attn.: Northern Light on the mailing address**  
**Include a note stating they are to be inserted into the next Northern Light**
4. **OR** if you wish to have Cold Spring Record print your fliers to be inserted into the Northern Light. The NL Editor will forward a copy of the pdf flier to Cold Spring Record, along with your printing instructions (paper color, one or two sided printing). Currently there are 1000 copies printed with @620 pieces to mail. What is not mailed is passed out at the Area meetings.
5. The cost for having a flier inserted into the Northern Light is \$75. Make Checks payable to NMAA and mail to :

NMAA  
PO Box 401  
Becker, MN 55308

Number of Copies	Printing Costs		Insertion Fee	Total Cost
	1 Sided	2 Sided		
625	\$ 48	\$ 60	\$ 75	\$ 183
1000	\$ 80	\$ 120	\$ 75	\$ 275

MAKE SURE YOU HAVE THE MOST CURRENT ADDRESS!!!

RELATED FLIER INSERTION INFORMATION

- ◆ Only Area 35 A.A. Members may submit a flier. Fliers must be only for A.A. Sponsored Events.
- ◆ Fliers needed—625 mailed only or 1000 for mailed and hand outs.

Northern Light Deadlines for 2017 are as Follows:

- ◆ January 30<sup>th</sup> : Flier will be included in the January/February Issue
- ◆ March 6<sup>th</sup> : Flier will be included in the March/April Issue
- ◆ May 1<sup>st</sup> : Flier will be included in the May/June Issue
- ◆ July 10<sup>th</sup> : Flier will be included in the July/August Issue
- ◆ September 5<sup>th</sup> : Flier will be included in the September/October Issue
- ◆ November 6<sup>th</sup> : Flier will be included in the November/December Issue

OUR PAST DELEGATES

<b>Panel 64</b> Michael “Jake J.	<b>2014-2015</b>	<b>Panel 34</b> Bob P.	<b>1984-1985</b>	<b>Panel 12</b> Donna T. (deceased)	<b>1962-1963</b>
<b>Panel 62</b> Jim K.	<b>2012-2013</b>	<b>Panel 32</b> Tom L.	<b>1982-1983</b>	<b>Panel 10</b> Bob B. (deceased)	<b>1960-1961</b>
<b>Panel 60</b> Jon C.	<b>2010-2011</b>	<b>Panel 30</b> Don M. (deceased)	<b>1981-1982</b>	<b>Panel 8</b> Pearl N. (deceased)	<b>1958-1959</b>
<b>Panel 58</b> JoAnne M. N.	<b>2008-2009</b>	<b>Panel 28</b> Garfield (Duffy) S. (deceased)	<b>1978-1979</b>	<b>Panel 6</b> Waldo H. (deceased)	<b>1956-1957</b>
<b>Panel 56</b> Jerry S.	<b>2006-2007</b>	<b>Panel 26</b> Vern R. (deceased)	<b>1976-1977</b>	<b>Panel 4</b> Wendell H. (deceased)	<b>1954-1955</b>
<b>Panel 54</b> Charlie C.	<b>2004-2005</b>	<b>Panel 24</b> Gordon B. H.	<b>1974-1975</b>	<b>Panel 2</b> Arthur R. (deceased)	<b>1952-1953</b>
<b>Panel 52</b> Tim C.	<b>2002-2003</b>	<b>Panel 22</b> Frank P. J. (deceased)	<b>1972-1973</b>		
<b>Panel 50</b> Tom A.	<b>2000-2001</b>	<b>Panel 20</b> Clarence B. (deceased)	<b>1970-1971</b>		
<b>Panel 48</b> Susie A.	<b>1998-1999</b>	<b>Panel 18</b> Dave H. (deceased)	<b>1968-1969</b>		
<b>Panel 46</b> Bill P. (deceased)	<b>1996-1997</b>	<b>Panel 16</b> Arno A. (deceased)	<b>1966-1967</b>		
<b>Panel 44</b> Bruce B.	<b>1994-1995</b>				
<b>Panel 42</b> Greg Gits (deceased)	<b>1992-1993</b>				
<b>Panel 40</b> Bob J.	<b>1990-1991</b>				
<b>Panel 38</b> Scott J.	<b>1988-1989</b>	<b>Panel 14</b> Donald F. (deceased)	<b>1964-1965</b>		
<b>Panel 36</b> Louie H.	<b>1986-1987</b>				

Q: Why list our past Delegates?

A: They are a resource to you!

In Alcoholics Anonymous we value experience. Our Twelve Steps did not exist when Bill stepped into the lobby of a hotel in Akron, Ohio. Even after meeting with Dr. Bob and soon founding our program, there were only six steps until the experiences of 100 Alcoholics were summed up. Soon after a book followed, but it was a few years later when the Twelve Traditions were discussed and agreed on. Twelve Traditions that were “hammered out on the anvil of experience”. Our past Delegates are a wealth of experience, an interactive living archive if you will. When you plan your next service workshop or need an outside voice to offer help, consider this resource available to you. Some of them even offer great company while fishing!

The Delegate’s Duties

<p>Though the high point is the Conference meeting, the delegate’s job goes on year-round and involves all aspects of the Conference structure. The delegate should:</p> <ul style="list-style-type: none"><li>Attend the Conference meeting in April, fully prepared. Immediately upon election, every delegate is put on the G.S.O. mailing list to receive Conference materials.</li><li>Communicate the actions of the Conference to area committee members and encourage them to pass on this information, and the delegate’s enthusiasm, to groups and to intergroups/central offices. If an area is too large for the delegate to cover in person, he or she will ask area officers and committee members to share the load.</li><li>Be prepared to attend all area, state/provincial, and regional service meetings and assemblies. From these meetings, delegates come to better understand their own areas and can make suggestions for the Conference agenda. Here, too, they come in contact with A.A. members who might not be reached otherwise.</li><li>Help area committees obtain financial support for the area and G.S.O.</li><li>Provide leadership in solving local problems involving the A.A. Traditions.</li></ul>	<ul style="list-style-type: none"><li>Remind G.S.R.s to inform groups and individuals about the A.A. Grapevine and Conference-approved literature.</li><li>Cooperate with G.S.O. in obtaining information—for example, making sure that up-to-date information reaches G.S.O. in time to meet the deadline for each Issue of the A.A. directory and helping carry out the triennial membership surveys.</li><li>Visit groups and districts in the area whenever possible.</li><li>Work closely with committee members and officers, sharing experience throughout the year. After G.S.R.s and committee members have reported on the Conference, learn from these A.A.s how groups and members have reacted.</li><li>Assume added responsibility if the area chair and alternate chair are unable to serve. Or, if an area committee is not functioning effectively, the delegate may take an active role in remedying the situation.</li><li>Keep the alternate delegate fully informed and active, so that the alternate can replace the delegate in an emergency.</li><li>Late in the second term, work with newly elected delegates to pass along a basic knowledge of Conference proceedings and problems.</li></ul>
--	---

(from The A.A. Service Manual, pages S44-S45)

## Twelve Concepts for World Service (Short Form)

- I. Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.
- II. The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole Society in its world affairs.
- III. To insure effective leadership, we should endow each element of A.A.—the Conference, the General Service Board and its service corporations, staffs, committees, and executives—with a traditional “Right of Decision.”
- IV. At all responsible levels, we ought to maintain a traditional “Right of Participation,” allowing a voting representation in a reasonable proportion to the responsibility that each must discharge.
- V. Throughout our structure, a traditional “Right of Appeal” ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.
- VI. The Conference recognizes that the chief initiative and active responsibility in most world service matters should be exercised by the trustee members of the Conference acting as the General Service Board.
- VII. The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon traditional and the A.A. purse for final effectiveness.

- VIII. The trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities.
- IX. Good service leadership at all levels is indispensable for our future functioning and safety. Primary world service leadership, once exercised by the founders, must necessarily be assumed by the trustees.
- X. Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.
- XI. The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern.
- XII. The Conference shall observe the spirit of A.A. tradition, taking care that it never becomes the seat of perilous wealth or power; that sufficient operating funds and reserve be its prudent financial principle; that it place none of its members in a position of unqualified authority over others; that it reach all important decisions by discussion, vote, and, whenever possible, by substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government, and that, like the Society it serves, it will always remain democratic in thought and action.

## Twelve Traditions of Alcoholics Anonymous (Long Form)

*Our A.A. experience has taught us that:*

1. 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.
2. For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience.
3. Our membership ought to include all who suffer from alcoholism. Hence we may refuse none who wish to recover. Nor ought A.A. membership ever depend upon money or conformity. Any two or three alcoholics gathered together for sobriety may call themselves an A.A. group, provided that, as a group, they have no other affiliation.
4. With respect to its own affairs, each A.A. group should be responsible to no other authority than its own conscience. But when its plans concern the welfare of neighboring groups also, those groups ought to be consulted. And no group, regional committee, or individual should ever take any action that might greatly affect A.A. as a whole without conferring with the trustees of the General Service Board. On such issues our common welfare is paramount.
5. Each Alcoholics Anonymous group ought to be a spiritual entity having but one primary purpose—that of carrying its message to the alcoholic who still suffers.
6. Problems of money, property, and authority may easily divert us from our primary spiritual aim. We think, therefore, that any considerable property of genuine use to A.A. should be separately incorporated and managed, thus dividing the material from the spiritual. An A.A. group, as such, should never go into business. Secondary aids to A.A., such as clubs or hospitals which require much property or administration, ought to be incorporated and so set apart that, if necessary, they can be freely discarded by the groups. Hence such facilities ought not to use the A.A. name. Their management should be the sole responsibility of those people who financially support them. For clubs, A.A. managers are usually preferred. But hospitals, as well as other places of recuperation, ought to be well outside A.A.—and medically supervised. While an A.A. group may cooperate with anyone, such cooperation ought never go so far as affiliation or endorsement, actual or implied. An A.A. group can bind itself to no one.
7. The A.A. groups themselves ought to be fully supported by the voluntary contributions of their own members. We think that each group should soon achieve this ideal; that any public solicitation of funds using the name of Alcoholics Anonymous is highly dangerous, whether by groups, clubs, hospitals, or other outside agencies; that acceptance of large gifts from any source, or of contributions carrying any obligation whatever, is unwise. Then too, we view with much concern those A.A. treasuries which continue, beyond prudent reserves, to accumulate funds for no stated A.A. purpose. Experience has often warned us that nothing can so surely destroy our spiritual heritage as futile disputes over property, money, and authority.
8. Alcoholics Anonymous should remain forever non-professional. We define professionalism as the occupation of counseling alcoholics for fees or hire. But we may employ alcoholics where they are going to perform those services for which we may otherwise have to engage nonalcoholics. Such special services may be well recompensed. But our usual A.A. “12 Step” work is never to be paid for.
9. Each A.A. group needs the least possible organization. Rotating leadership is the best. The small group may elect its secretary, the large group its rotating committee, and the groups of a large metropolitan area their central or intergroup committee, which often employs a full-time secretary. The trustees of the General Service Board are, in effect, our A.A. General Service Committee. They are the custodians of our A.A. Tradition and the receivers of voluntary A.A. contributions by which we maintain our A.A. General Service Office at New York. They are authorized by the groups to handle our over-all public relations and they guarantee the integrity of our principal newspaper, the A.A. Grapevine. All such representatives are to be guided in the spirit of service, for true leaders in A.A. are but trusted and experienced servants of the whole. They derive no real authority from their titles; they do not govern. Universal respect is the key to their usefulness.
10. No A.A. group or member should ever, in such a way as to implicate A.A., express any opinion on outside controversial issues—particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous groups oppose no one. Concerning such matters they can express no views whatever.
11. Our relations with the general public should be characterized by personal anonymity. We think A.A. ought to avoid sensational advertising. Our names and pictures as A.A. members ought not be broadcast, filmed, or publicly printed. Our public relations should be guided by the principle of attraction rather than promotion. There is never need to praise ourselves. We feel it better to let our friends recommend us.
12. And finally, we of Alcoholics Anonymous believe that the principle of anonymity has an immense spiritual significance. It reminds us that we are to place principles before personalities; that we are actually to practice a genuine humility. This to the end that our great blessings may never spoil us; that we shall forever live in thankful contemplation of Him who presides over us all.



Area 35 Committee Meeting Agenda  
Aitkin, MN  
August 6<sup>th</sup>, 2017

\_\_\_\_\_ **9:00 A.M.** Action Chair Committee Meetings  
(9:30 a.m. Financial Oversight Committee)  
\_\_\_\_\_ **10:30 A.M.** Area Committee Meeting  
\_\_\_\_\_ Call to Order Open With the Serenity Prayer  
\_\_\_\_\_ Recognize Past Delegates  
\_\_\_\_\_ Add to Agenda  
\_\_\_\_\_ June Area Committee Minutes

**OFFICER REPORTS:**

\_\_\_\_\_ Delegate – Kelly D.  
\_\_\_\_\_ Alternate Delegate – Roger R.  
\_\_\_\_\_ Chair – Jim S.  
\_\_\_\_\_ Secretary – Rillis E.  
\_\_\_\_\_ Treasurer – Christine G.

**COMMITTEE CHAIRS AND DCM REPORTS:**

\_\_\_\_\_ CPC – Jim T.  
\_\_\_\_\_ District 1 – Leslie H.  
\_\_\_\_\_ District 21 – Jeff L.  
\_\_\_\_\_ WEBMASTER - Rodney S.  
\_\_\_\_\_ LITERATURE – Skip D.  
\_\_\_\_\_ District 11 - Cindy K.  
\_\_\_\_\_ District 7 – Liz L.  
\_\_\_\_\_ NORTHERN LIGHT – Steve L.  
\_\_\_\_\_ GROUP RECORDS – Bob B.  
\_\_\_\_\_ District 14 – Paul E.  
\_\_\_\_\_ District 6 - Renell P.  
\_\_\_\_\_ TREATMENT – Gayle R.i  
\_\_\_\_\_ District 18 – William BR B.  
\_\_\_\_\_ District 12 – Steve E.

\_\_\_\_\_ ARCHIVIST – Brad I.  
\_\_\_\_\_ ARCHIVES – Steve D.  
\_\_\_\_\_ District 8 – Scott M.  
\_\_\_\_\_ District 4 – Greg C.  
\_\_\_\_\_ CORRECTIONS – Servando M.  
\_\_\_\_\_ District 2 – Myron H.  
\_\_\_\_\_ District 13 – Sean S.  
\_\_\_\_\_ District 15 – Melissa A.  
\_\_\_\_\_ PI – Mark N.  
\_\_\_\_\_ District 9 – Kathy R.  
\_\_\_\_\_ District 5 – Jon S.  
\_\_\_\_\_ GRAPEVINE – Paul M.  
\_\_\_\_\_ District 3 – Brian P.  
\_\_\_\_\_ District 16 – Mike F.

**12:00 P.M.** Lunch

**12:45 P.M.** Reconvene

**OLD BUSINESS:**

\_\_\_\_\_ Budgets  
\_\_\_\_\_

**NEW BUSINESS:**

\_\_\_\_\_ FOC Report  
\_\_\_\_\_ Joint Corrections Committee  
\_\_\_\_\_ Archivist Position  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ Calendar of Events  
\_\_\_\_\_ Adjourn

**Mail Area 35 Group contributions to:**

**NMAA  
PO Box 401  
Becker, MN 55308**