# SEPIA Interviews July 2021

REACHING OUT ITS HAND SINCE 1948

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## A MEMBER SHARES... A SOLUTION FOR ME IN A.A.

I went to my first Alcoholics Anonymous meeting on September 29, 2004. At the time I was living a wretched life in Bangkok. I realized that my life, as I knew it, was coming to an end. What I didn't realize is that my life of sobriety and the wonderful adventures and experiences I was going to have was just beginning.

At my first home group the message was: "90 in 90", get a sponsor, do the Steps. I was so enraptured by this group of people who were proclaiming themselves as alcoholics but seemingly had great lives that I wanted what they had and was eager to take the suggestions. I soon asked a friendly man to be my sponsor and we still chat once a week. Mostly, I need to have a sponsor and I need my sponsor to know he's my sponsor.

***...Continued on Page 3***

***Summer is officially here, which means it's time to prepare to elect new Steering Committee members for SEPIA!***

We are now seeking active, service-oriented A.A. members for a two-year term beginning November 1st, 2021. Positions available include Vice-Chair, Assistant Secretary, Assistant Treasurer and Assistant Directors of the nine service committees—read all about them here: https://aasepia.org/service-committees/sc-reports/steering-committes-job-descriptions/. Those voted in will serve one year in the Assistant role and one year in the main role. Each commitment involves attending a minimum of three service meetings a month and a majority of the SEPIA-organized special events like The Round-Up, the Share-A-Day event with Area 59, and the Unity Picnic.

## *Nominations are due Friday, August 6th.*

**If you wish to submit a nomination for yourself, fill out the form and send it in today!**
https://aasepia.org/news/nomination/
Other ways to submit forms: Download the Word Doc (below), fill it in and send back by email to manager@aasepia.org.
https://mcusercontent.com/0570c4f7c9eac7cab51!5cbd12/files/458a1369-0b62-0db6-2a7f-ae049411fd49/Blank_Nomination_Info_Sheet_2021_22.docx
You can also print and fill out the PDF format (below) and send the same way.
https://mcusercontent.com/0570c4f7c9eac7cab515cbd12/files/b27d9175-a6fb-b23d-c24f-758eb6017871/Blank_Nomination_Info_Sheet_2021_22.pdf
Lastly, you can mail a form to the SEPIA Office at 1903 South Broad Street, 2nd Floor, Philadelphia, PA 1948-2216 attention "Chairperson".

***Join us for some fun and great experiences.***

If you have any questions, contact Richard (aka Ricardo) M., SEPIA Chairperson at chairperson@aasepia.org

# Step 7

So it is that we first see humility as a necessity. But this is the barest beginning. To get completely away from our aversion to the idea of being humble, to gain a vision of humility as the avenue to true freedom of the human spirit, to be willing to work for humility as something to be desired for itself, takes most of us a long, long time. A whole lifetime geared to self-centeredness cannot be set in reverse all at once. Rebellion dogs our every step at first. When we have finally admitted without reservation that we are powerless over alcohol, we are apt to breathe a great sigh of relief, saying "Well, thank God that's over! I'll never have to go through that again!" Then we learn, often to our consternation, that this is only the first milestone on the new road we are walking. Still goaded by sheer necessity, we reluctantly come to grips with those serious character flaws that made problem drinkers of us in the first place, flaws which must be dealt with to prevent a retreat into alcoholism once again.

*—Twelve Steps and Twelve Traditions*, p.73.
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and Alcoholics Anonymous World Services, Inc.

## COVID-19 SUMMER TIME ...

As of June 11th, Philadelphia county ended the last of its COVID-19 restrictions, including the indoor mask mandate.

"This moment is possible because of the immense sacrifices that Philadelphians of all ages made over the last year," said Mayor Jim Kenney. However, the mayor pointed out that the pandemic is not yet over.

"We are not yet declaring victory because cases and hospitalizations can rise again at any point if we're not diligent. I urge everyone to join the more than half a million fellow Philadelphians who already got their vaccine," he said.

Here at SEPIA we are getting daily calls from groups and meetings across the five-county area with the good news that they are re-opening to in-person meetings. Some are choosing to keep an online option as well. See our website for all the latest in-person, online, and phone meeting information: aasepia.org.

If your homegroup has made a change recently, please fill out the **meeting changes** form. We rely on the fellowship to keep our meeting lists up to date.

***Our hotline remains open 24 hours a day for any alcoholic wishing to talk: 215-923-7900.***

# In the Spotlight

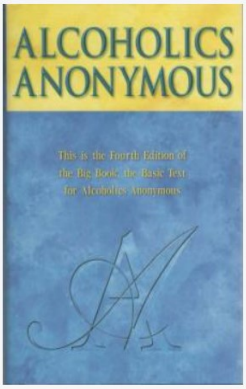
***...Continued from Page 1***

My sponsor and I went through the Steps under his guidance. The Steps are easy to talk about in hindsight because we know the outcomes. Before going through them I had to suspend any doubts. I had and trust you folk and my sponsor, knowing that the other alternative was to go back to my previous life, the dark winter of my soul.

The Steps changed my outlook on life, the world, and myself. That period felt like the 'Evolution of Man' image, where the chimpanzee transitions to an upright man. I admitted I was meant to be here, offered myself to God, took my first inventory of my life, faced all this with my sponsor, asked for my defects to be removed, made amends, and then I helped others through homegroup service or when asked by another man.

After about a year in Bangkok A.A., I dug deep into the Eleventh Step, considering what was God's will for me and my life ahead? My sponsor said God's will is "to do the next right thing" (boring right?); old timers said, "God's will is when preparation and opportunity meet"; and my friend from outback Australia said "It's very simple, the answer to the Eleventh Step is to take the Twelfth Step." I am still not always sure what God's will is but I know for certain that it isn't for me to drink.

As a result of my Eleventh Step I found myself attending University in the UK at two years sober. I did well and was offered a PhD program in which I was also successful. During my research, I had days and waves of severe self-doubt, thinking perhaps they had the wrong guy, but they didn't. It was all paid for, I didn't need to worry about the 'how' of it all, I just had to put A.A. first, do the next right thing, and God provided the means. I am now an accomplished ecologist, apparently an expert in my field of Middle Eastern ecology. As I am writing this, I'm looking out an airplane window, flying high over the vast expansive deserts of Arabia, seeing shadows and lines of massive dunes sweeping and flowing like waves across the landscape, interspersed with sporadic oases and green strips of wadi trees.




Sobriety is about enjoying life—see page 132 of the Big Book. Saying "yes" to opportunities, not sweating the small stuff, and realizing that we are already fully capable and whole. In sobriety I met my wife and we have a lovely life together. If I could have a conversation with myself in early sobriety it would be that I just needed to get on with the Steps confidently, not doubt myself, and realize that there was a solution for me as an alcoholic in A.A. The early global explorers and seafarers aimed for a horizon. They didn't necessarily know what lay beyond it, but they sailed towards it in trust and faith and eager anticipation. That's what I try to do.

If you're new to A.A., welcome home. You have a wonderful life ahead. If I was given half of what I had received I would be blown away! I was a Bangkok street drunk. Life is not all smooth sailing. There are and have been challenges and I have no way been sanctified because I am a member of A.A. I wake up some days in huge doubt and fear. Sometimes I fully re-enact resentments to the point of comical absurdity. I have behaved in ways which left me with regret. But the general trajectory of my life has been a positive one since September 29. 2004. I have my wife and we have a lovely house in northern England, and my health is good. All I have to do is make A.A. **the most important** part of my life, not drink one day at a time, and my life direction gets better.

***...Continued on Page 5***

## Tradition 7:

**Every A.A. group ought to be fully self-supporting, declining outside contributions.**

Self-supporting alcoholics? Who ever heard of such a thing? Yet we find that's what we have to be. This principle is telling evidence of the profound change that A.A. has wrought in all of us. Everybody knows that active alcoholics scream that they have no troubles money can't cure. Always, we've had our hands out. Time out of mind we've been dependent upon somebody, usually money-wise. When a society composed entirely of alcoholics says it's going to pay its bills, that's really news.

—*Twelve Steps and Twelve Traditions,* p. 160.

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# Seek and Find
# Shortcomings

V X U R E C E Y U P Q U E D K
M B N R E D U D V L M W C E Q
A W S K D T I J S N A S N F S
U N F R U I C R U E E V A E R
D E V O M E R A P I U L R C B
C F I S U F F E R I N G E T X
D K Z T P K H A H A N J L S R
S G N I M O C T R O H S O P E
R E C G N A O J I X L C T P G
A M R E X L S L O S D V V E N
E N S E S N L K R I A Z E A A
F T M R N E G R E E D V S C X
Y S J A B I A F Q D O I B E O
W A F E O S T C D L N L P H I
W L R P F B U Y C S E T S U L

Find the Tradition Six words in the puzzle.
Words may read across, up and down,
or diagonally.

ANGER
ASKED
CHARACTER
DEFECTS
ENVY
FEAR
GREED
HONESTY
LOVE
LUST
PEACE
PRIDE
REBELLION
REMOVED
SERENITY
SHORTCOMINGS
SINS
SLOTH
SUFFERING
TOLERANCE

## Concept VII

**The Conference recognizes that the Charter and the Bylaws of the General Service Board are legal instruments: that the Trustees are thereby fully empowered to manage and conduct all of the world service affairs of Alcoholics Anonymous. It is further understood that the Conference Charter itself is not a legal document: that it relies instead upon the force of tradition and the power of the A.A. purse for its final effectiveness.**

—*The Twelve Concepts Illustrated.*

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*...Continued from Page 3*

I attended my first "Philadelphia 562" meeting on the September 29, 2021, I know it was this date because it was my 50th Birthday, my 16th Sobriety Birthday, and my Father passed away in the afternoon. He passed peacefully and I had a chance to say goodbye. He was surrounded by love.

My dad was proud of me and when I told him I was in A.A. He said I was a man amongst men. In my Ninth Step amends to my parents, I sat them down and told them I had to make amends as part of my program. My mom was worried (poor mums right?) but I simply said out loud that I loved them, and I wanted to thank them for everything they had done for me. I had never done that before; we knew we loved each other but I had never said it and it was a special moment. That's what A.A. has done for me.

**— Damian S., Riyadh Group, Manchester, UK**

## *A Drink on the Fourth*

*I didn't make this up*
*But I've heard it since I was a pup.*
*A little reminder for the holiday*
*In case you're inclined to go Astray.*
*"He who drinks a fifth on the Fourth*
*May not be able to go forth on the Fifth."*
*A little advice for you*
*How true it is, how true.*
*—George Hunter*

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

**Saturday, July 10—A.A. in the Digital Age (Online):** Presented by District 45, Area 59. 10 am ID: 890 1247 7918 Password: 1212. All A.A. members are welcome to attend.

**Saturday, July 17—Vernon Park 38th Anniversary Celebration (Online**): Come and celebrate with us! 1 pm ID: 814 9847 0911 Password: 747660. All A.A. members are welcome to attend.

**Saturday, July 17—Grapevine Picnic**: Hosted by Districts 41 and 61. 11 am to 4 pm, Speaker Meeting at 3 pm High Acres Park, Rte 447 Canadensis, PA. All A.A. members are welcome to attend. Fun, fellowship, food, games, and prizes!

**Saturday and Sunday, August 6 and 7—28th Annual Pennsylvania State Convention**: **Any Lengths Necessary (Online)**. Speakers and nightly entertainment. More details to come. For updates visit www.aapastateconvention.com. All A.A. members are welcome to attend.

**Sunday, October 10**—SAVE THE DATE — **Gratitude Breakfast** at The Brookside Manor, Feasterville-Trevone. More details to come.

**Online Meetings are being held in July 2021.**

## Become an Intergroup Rep (IGR)!

**Contact your Zone Liaison or the SEPIA Office.**

## MONTHLY ZONE MEETINGS

### FOR MONDAY, JULY 12TH AT 7:00 PM

SEE PAGE 19 FOR ONLINE VIDEO INFORMATION

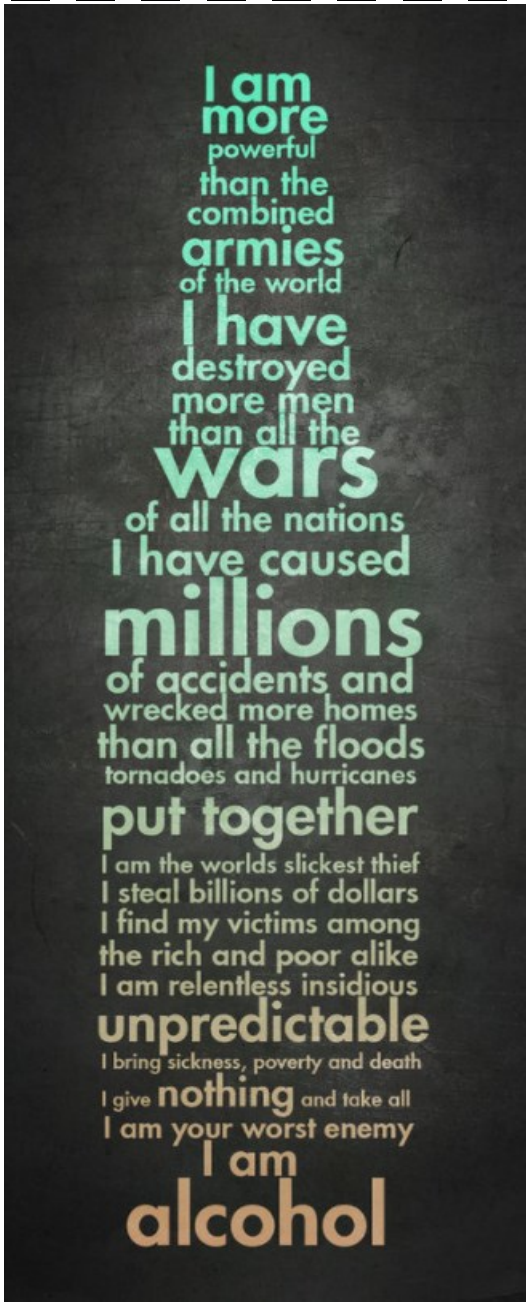
**Bucks County Zone** meets at:
Good Shepherd Lutheran Church
877 Street Road (at Churchville),
Southampton, PA 18966
**Online Video Conference**

**Chester County Zone** meets at:
307 Clubhouse, 700 S. Bradford Avenue,
West Chester, PA 19382
**Online Video Conference**

**Delaware County Zone** meets at:
The Tree of Life Church
933 Baltimore Pike, Springfield (19064)
**Online Video Conference**

The **Montgomery County Zone** meets at:
Church of the Messiah, 1001 DeKalb Pike (Rt. 202), Lower Gwynedd, PA 19002
**Online Video Conference**

The **Philadelphia County Zone** meets at:
St Nicholas Russian Orthodox Church, 817 North 7th Street, Philadelphia (19123)
**Online Video Conference**



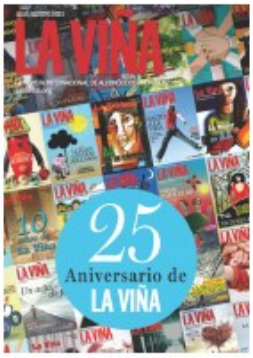
GRAPEVINE News

Pass It Along!

# What's New For July 2021

**Grapevine**
**Current Issue Spotlight:**
This month's Featured Section is "**Annual Prison Issue**." AA members inside and out of prison walls share powerful stories about getting sober and helping one another. Also included are stories of hope by members during the current **COVID-19 crisis**.

**Submit Your Story for Upcoming Issues:**
- **Beginners & Day Counters!** — Tell us about your first 90 days. What are the most important things that helped you? Any tips? How was your sponsor helpful? The literature? Fellowship? Slogans? (stories due July 15, 2021)
- **Adversity in Sobriety** — Tell us how you got through a tough time in sobriety. What AA tools did you use. How did your sponsor, the fellowship or prayer help? Share how you got through it. (stories due August 15, 2021)
- **Important:** We're looking for stories of experience with **each Step** and **each Tradition!** (Pick a Step or pick a Tradition and write about your experience!)




**La Viña**
**Current Issue Spotlight:**
This month's Special Section is "**La Viña's 25th Anniversary.**"

**Submit Your Story for Upcoming Issues:**
- **Acceptance** — (Stories due July 30, 2021)
- **Newcomer issue** — (stories due September 30, 2021)
- **The Three Legacies** — (stories due by October 17, 2021)
- **Important:** We are always looking for stories on **individual steps and traditions!**

One day at a time
Un día a la vez
Un jour à la fois

***Pocket Calendar available now!***

2022

**Just published!**

***FREE ON THE INSIDE***
Stories of AA Recovery in Prison

**Visit the SEPIA website to place your Grapevine Book orders or call 215-923-7900**

https://sepialiterature.info/

# MEMBER FEEDBACK

Undated picture of Jack Alexander

THE SATURDAY EVENING POST
"An American Institution"

ALCOHOLICS ANONYMOUS

Freed Slaves of Drink, Now They Free Others

By Jack Alexander

The A.A. World Services biography of Jack Alexander and the history of the articles he wrote about A.A. for the *Saturday Evening Post (SEP)* that were republished in the March 2021 and April 2021 issues of the *Interviews* newsletter, was the New York take on them. I'd like to explain some of the facts that precede the article, facts left out of the article, and some facts after the articles' first publication.

Of all the early A.A. members, no one hawked more Big Books than Jimmy B. (*The Vicious Cycle*). One day he met two doctor's wives (Doctor A. Weise Hammer and Doctor Dudley Saul) in the book department of a store in Philadelphia while trying to get the book placed there. The store did not want the book. No sale, but a definite God moment or "coincidence" if you wish.

These two women approached Jimmy (otherwise known as "Ed" in the chapter on Tradition Three in the *Twelve Steps and Twelve Traditions).* One of them said, "My husband has a waiting room full of those people."

Dr. Hammer and Dr. Saul, who were mentioned in the A.A. *Grapevine* and literature before and after their deaths by Bill W., would become two of A.A.'s greatest supporters, attending open meetings as A.A. Associate Members. They both had alcoholics in their families and referred us to Curtis Bok, head judge of the Philadelphia municipal courts and owner of Curtis Publications located in Philadelphia, PA. Curtis published The *Saturday Evening Post*, the largest weekly in the United States. The doctors and the judge were all members of Philadelphia high society and socialized frequently together.

Jimmy B. was a master salesman when he was not drinking. He came to Philadelphia February 13, 1940 with a new job and knew he had to find "a new playground and new playmates". He was given a couple of names and numbers of the Alcoholic Squad of the Oxford Group. On February 17, he contacted Charles B. and set up the first organizational meeting of A.A. in Philadelphia at 22nd and Delancey St. There seven ex-drunks including Jimmy B, Charlie B of Upper Darby and his two Oxford Group friends Bayard B. and Edmund P., met with George S, a prospect who wrote New York, and McCready H. from a Keswick meeting in 69th St. They met at McCready's apartment at 2209 Delancey St. These six plus J. H. Fitzhugh (Fitz) M. (*Our Southern Friend)* and Jimmy's boyhood friend and New York group member all attended that meeting. More meetings would follow shortly after:

- The first A.A. meeting in Philadelphia was held February 29, 1940, a leap year, on Thursday night.
- They had their second meeting, and the first open meeting, one week later on March 7, 1940, at George S's house on Arrott St.
- Meeting three was at Doctor Hammers' home.
- Meeting four was at Bayard B's home. At that meeting Doctor Saul became the first medical advisor to A.A..
- Meeting five, the first Open meeting to all of Philadelphia, was held April 3rd, 1940, at Saint Luke's hospital. It was arranged by Doctors Hammer and Saul.

On April 10, 1940, with the cooperation of the Superintendent of Philadelphia General Hospital (PGH), William Turnbull. We began our visitation to the psychopathic Ward of PGH where they picked up Art Mc M. and Bud M. We convinced Doctor Stouffer, chief psychiatrist of PGH, that A.A. worked. He and Doctors Saul and Hammer kept the statistics of the Philadelphia Mother Group records.

In September of 1940, our first Philadelphia prison commitment at the House of Corrections started. It has continually been going on through today (predating San Quentin and warden Duffy whose meeting came two years later).

***...Continued from Page 11***

# Outside the Five-County Area

**Friday through Sunday, August 20 to 22—PENNSCYPAA (Pennsylvania State Conference of Young People in Alcoholics Anonymous: Theme "A New World Came Into View". Lancaster, PA.** For more information visit: https://lancypaa.com/.
**Thursday, August 26—ICYPAA (International Conference of Young People in Alcoholics Anonymous) 62nd Annual Event: Theme "Let the Good Times Roll". New Orleans.** For more information visit: https://62nd.icypaa.org/. ICYPAA provides an opportunity for the young--and young at heart--from all over the world to come together and share their experience, strength, and hope as members of Alcoholics Anonymous.

Our Special Events Committee would like to

## Keep Us Updated!

**Production has been delayed for the 2021 Round-Up merchandise order.**

**Unfortunately our vendor has notified SEPIA that there would be delay in receiving our goods. We will be notified once our items have been shipped. We expect to receive the merchandise by mid-July.**

**Once the items arrive, we have volunteers who will deliver your order directly to you, or you may pick it up at your local Zone Meeting (if it is held in person) or at the SEPIA office.**

*We thank the fellowship*
*for their patience and understanding!*

**Our hotline is staffed with volunteers who are here to help -- please call 215-923-7900.**

*...Continued from Page 8*

Jack Alexander had just finished an article on corruption in New Jersey. He was looking into A.A. as being part of the Oxford Group and not 100% above board. It was a result of much background work by the Philadelphia group members and the associate members that that most famous article on A.A. was completed. Not in a negative sense but in a positive sense. Jimmy B. told Bill about the preparation of the article and that's how Bill found out about it. Jack went to New York and met with Bill and thought he was given a professional snow job. He came back to Philly and met the gang here and was given the Philadelphia stats. He then went to other cities including Akron with Dr. Bob; Cleveland with Clarence S; Washington D.C.; Chicago, IL; and finally, Saint Louis, MO. Here, Jack Alexander had started his journalistic profession starting out writing in newspapers.

He knew other reporters, many of whom were alcoholics. He saw several of them sober for the first time and he then knew for sure. He wrote the article from his heart. He, like Bill W., I think was divinely inspired to write the best article of his career. It almost didn't take place. Without the photos in the article, it would not have been published. A.A. agreed to the photos. The article was published and became the biggest-selling *Post* article of all times, being reprinted several more times. New York requested some 10,000 smaller article-only reprints, which Philadelphia A.A. secured for them through Curtis publishing.

The article starts off by saying, "Three men sat around the bed of an alcoholic patient in the psychopathic ward of The Philadelphia General Hospital." It mentions Dr. Saul, Dr. Hammer, and Dr Stouffer and gives the Philadelphia statistics which correspond to the stats the N.J. Group provided for the Rockefeller Dinner.

Doctors, judges, hospital administrators, writers, religious factions, the Salvation Army, The Assistant Surgeon General, etc., all became supporters of A.A. due to the hard work of Jimmy B. and the men and women of Philadelphia Mother Group. We should all be proud of our cooperation with all these friends of A.A.

As a side note, Jack Alexander then became a non-alcoholic trustee for A.A. for give or take 15 years. He wrote a follow-up article to this article for The *Post*.

Due to COVID, I can't get back into the archives of the SEPIA office to get the specifics of how the *Saturday Evening Post* article starts out in Philadelphia. There are many letters that support the claim that the article started here, was published here, and was the crowning moment for A.A .as we now reached out to the world saying, "Help is available here."

***Yours in service,***
***Shakey Mike G.***

SEPIA Interviews Newsletter is published monthly on behalf of the Southeastern Intergroup Association of Alcoholics Anonymous.

All printed and mailed copies are to be paid for either by subscription or walk-in. Email copies are free. There is no use of funds donated via the Seventh Tradition process. Minimal editing may be done to submissions for clarity and length.

This newsletter presents the experiences and opinions of A.A. members, and relays information received at SEPIA concerning the Round-Up, conferences, and other events that may be of interest to subscribers. Any opinions expressed should not be attributed to Alcoholics Anonymous. Publication of any article does not imply endorsement.

# Urgent! Urgent! Urgent!

## All Groups in the SEPIA Area

Please make sure that your meeting information is accurate on the SEPIA website.

Meetings (aasepia.org)

Please contact the SEPIA office with any changes

**215-923-7900**

**SEPIA Office will be reopening to our committees, volunteers and visitors starting Wednesday, September 1, 2021**

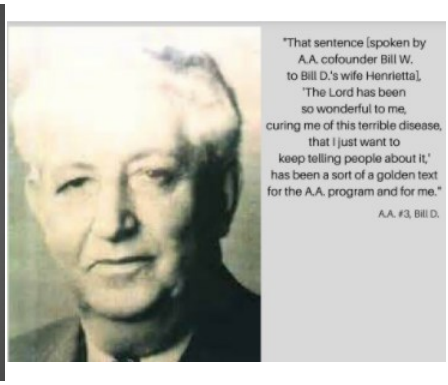
**TEMPORARILY CLOSED**

**Friday Noon Intergroup Meeting until further notice.**

# This month in A.A. History

## *** July ***

- **July 2-3, 1955**—Bill W. turns "the fellowship over to the fellowship". Five thousand people attend A.A.'s 20th Anniversary celebration at the St. Louis Convention.
- **July 4, 1940—**Bill D. (A.A. #3) checks out of City Hospital (Akron, OH) after hearing the message from Bill W. and Dr. Bob. A.A'.s first group is formed on this day. Bill D. never drinks again.
- **July 14, 1939—**Blythewood Sanitarium (Greenwich, CT): Dr Harry Tiebout gives Big Book to Marty M. (one of the first women to get sober in A.A.) who promptly throws it back at him. Eventually she reads it, take its suggestions to heart, and goes on to found the National Council on Alcoholism and Drug Dependency (NCADD) to educate others on alcoholism.
- **July 22, 1877**—Willian Duncan Silkworth (author of "The Doctor's Opinion") born in Brooklyn, NY.
- **July 23, 1940**—Philadelphia A.A.'s send 10% of kitty to the Alcoholic Foundation (later to become A.A. World Services) setting a precedent.



***Marty M.***

***Dr. William D. Silkworth***

## We need your help!

**SEPIA Website Tech Committee is looking for a Content Specialist to increase visibility within the community and help the next generation of active alcoholics get sober!**

**Do you have experience creating and publishing attractive digital content for websites using a CMS? Experience with WordPress, Wagtail or Drupal? This is a great opportunity to get into service while gaining experience with one of the most progressive web frameworks in use today. Come use your skills to make a real impact on the Southeastern Pennsylvania Intergroup, our community of A.A.s and those active alcoholics who just need to hear the right message at the right time to give sobriety a shot. Please email brandonl@aasepia.org for details.**

# Committee Corner

***By remembering the past, the Archives Committee helps to guide our future!***

## Committee Meetings for the month of June 2021 are online.

**See Page 17 for all the details and share with your IGRs and other interested A.A. members.**

| | |
|---|---|
| **Archives**<br>Archives preserves documents, assembles group histories, tapes the stories of members with 20+ years, and makes presentations to groups about the history of A.A. in Philadelphia. | Tuesday – July 13th<br>7:00 pm<br><br>Saturday – July 17th<br>9:00 am<br>Preservation |
| **Cooperation With The Professional Community (CPC)**<br>Helps police, medical, and other professionals understand what A.A. is and how it can help their clients. | No meeting due to<br>July 4th holiday<br>(Next meeting August 2nd<br>at 7:00 pm) |
| **Finance**<br>Makes recommendations to the Steering Committee and SEPIA office how best to spend Seventh Tradition donations. | Thursday – July 15th<br>7:00 pm |
| **Interphones and Helping Unite the Sick, Shut-in, Hospitalized and Homebound (HUSSHH)**<br>Interphones ensures that A.A. is always there by taking calls when the office is closed. HUSSHH takes meetings to those unable to attend them. | No meeting<br>(Meets the last Wednesday of even months at 7:00 pm) |
| **Prisons and Temporary Contact**<br>Prisons takes A.A. meetings behind the walls. Temporary Contact introduces new A.A.'s coming out of prison to our program and escorts them to meetings. | Thursday – July 1st<br>6:00 pm |
| **Public Information (PI)**<br>Conveys information about A.A. to the general public through flyers, mailings, radio spots, heath fairs, etc. | Wednesday – July 21st<br>7:00 pm |
| **Special Events**<br>Plans the annual spring Round-Up, the February Share-A-Day event, and more. | Monday – July 26th<br>7:00 pm |
| **Treatment Facilities (TF) and Bridging the Gap**<br>Treatment establishes and oversees A.A. meetings at detoxes and rehabs. Bridging the Gap connects members leaving facilities to meetings in their area. | Monday – July 19th<br>7:00 pm |
| **Unity**<br>Provides information about service opportunities outside the homegroup to groups when invited; plans summer picnic and fall workshop. | Tuesday – July 20th<br>7:00 pm |
| **Web/Tech Ad Hoc Committee**<br>An offshoot of Public Information (PI), Web/Tech programs and manages the website, and provides tech advice and IT support for the office. | Wednesday – July 7th<br>5:30 pm |

## Archives

The Archives Committee is the keeper of A.A. history. We are responsible for preserving historical documents, assembling group histories, and taping members with over twenty years of continuous sobriety. The Committee visits groups in the five-county area and makes presentations about the history of A.A. in Philadelphia.

Alcoholics Anonymous has faced an unusual challenge in 2020. Due to the Coronavirus, A.A.'s have had to find ways to continue our meetings while under a mandated stay-at-home order by the State of Pennsylvania. Of course, A.A. stepped up to the plate during these unprecedented times where no one was able to meet face-to-face. We quickly learned how to utilize various platforms for online meetings, how to thwart hackers, and how to reach out to the many newcomers that joined us and got sober during this time. As it is stated in the Foreword to the Fourth Edition of the Big Book, "A.A. members with computers can participate in meetings online, sharing with fellow alcoholics across the country or around the world."

***That is exactly what we have done!***

The Archives Committee is asking you or your groups to send your COVID-era thoughts and stories to our **archivesdirector@aasepia.org**. How many newcomers joined your group? If you are a newcomer, what was your experience like? Please share what it was like for you during this time and we will add it to our history for the folks coming into A.A., so that they can see there is always a solution. We prove it time and time again!

It is an integral part of A.A.'s history for future generations to know what their predecessors did in times of strife. We can add this information to your group history. If we get enough responses, we can do a COVID-era event book! Again, please send your thoughts and stories to: **archivesdirector@aasepia.org.**

The Archives Committee meets every 2nd Tuesday of the month at 7:00 pm to read and learn about archives work, and the 3rd Saturday of the month at 9:00 am for preservation activities and to tape long-timers—our members with over 20 years sobriety--on CD recordings.
Speaking of group histories… is your group history in the SEPIA, Area, and the General Service Office (GSO) Archives? If you need assistance please contact us online at https://aasepia.org/service-committees/archives/.

Mark P.
Archives Director for SEPIA

Jerry McT.
Archivist for SEPIA

**Join Our TEAM**

# Curbside PICK UP

**Visit the SEPIA website to place your order or call 215-923-7900**

https://sepialiterature.info/

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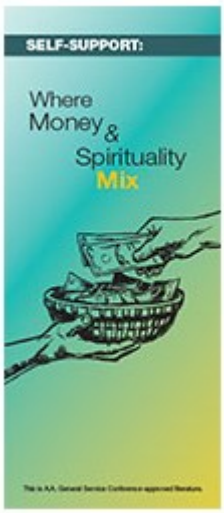


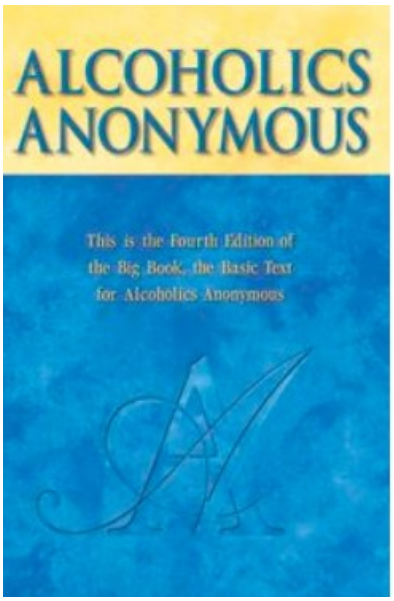


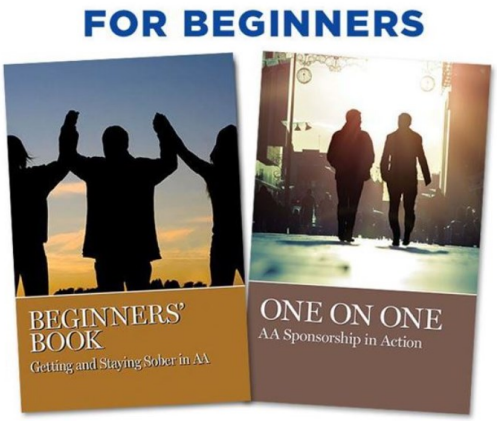


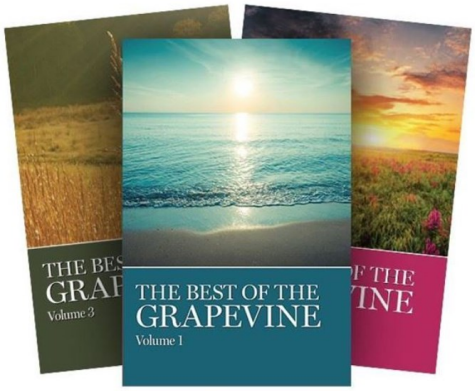


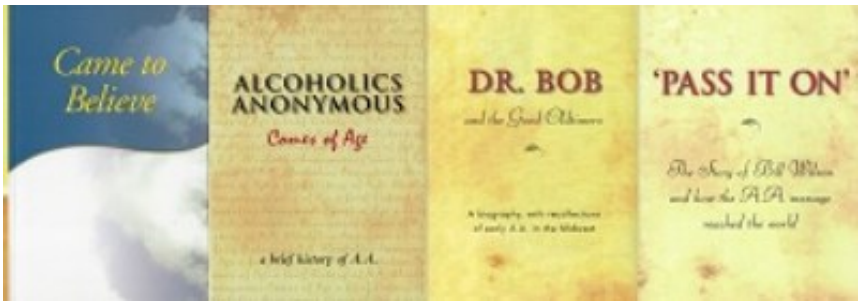

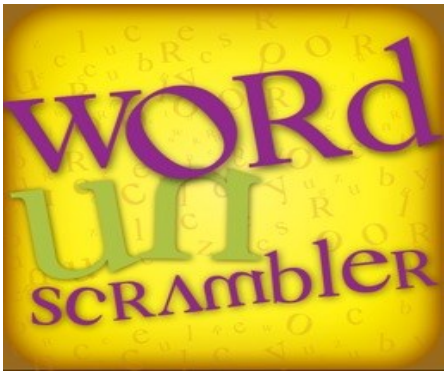


Go ahead and challenge yourself!
How many words can you come up with?

2 letter words (20 words)
3 letter words (49 words)
4 letter words (75 words)
5 letter words (68 words)
6 letter words (35 words)
7 letter words (12 words)
8 letter words (1 word)
9 letter words (1 word)
10 letter words (1 word)

Total Words Found: 261

## Seventh Step Prayer

My Creator,
I am now willing that You should have all of me,
good and bad.
I pray that You now remove from me
every single defect of character which stands in the way
of my usefulness to You and my fellows.
Grant me strength, as I go out from here,
to do Your bidding. Amen

## CONTACT US

**Southeastern Pennsylvania Intergroup Association SEPIA**
1903 South Broad Street - 2nd Floor
Philadelphia, PA 19148-2216
**Phone 215-923-7900**

# Humor in Sobriety

# Pet of the Month

## Cleopatra

Cleopatra is a sixteen-year-old hermit crab who, like the Energizer Bunny, just keeps going and going! If you'd asked me back when I got her in 2005 whether either of us would be around in 2021, I would have had my doubts. Most pet crabs don't live very long, and the way I was drinking, I wasn't expected to either. But just as researching crab care and getting the right supplies helped Cleo to thrive, learning how to get sober and live right using the Twelve Steps have helped me to thrive as well, beyond my wildest dreams.

*—Kris H., Philadelphia, PA*

# SEPIA Online Video 12 Step Committee and Zone Meeting - July 2021 - October 2021

| Committee Name | Day | Date | Time | Meeting ID | Passcode | Link | Dial-In # |
|---|---|---|---|---|---|---|---|
| CPC COMMITTEE | Monday | NO MEETING | 7:00 PM | 869 6733 4672 (Zoom) | SEPIA1903 | https://us02web.zoom.us/j/86967334672?pwd=ZkwvOHYvZ3M3a2NoaHMrSGNGK1duZz09 | 1-646-558-8656 |
| WEB/TECH COMMITTEE | Wednesday | 7-7-2021 | 5:30 PM | 215 1234 215 | 580960 | https://us02web.zoom.us/j/84021793007?pwd=SGdERXBndTIzVkhpTitEVzRqVEVrdz09 | 1-646-558-8656 |
| PRISON COMMITTEE | Thursday | 7-1-2021 | 6:00 PM | 897 4545 6774 (Zoom) | SEPIA | https://us02web.zoom.us/j/89745456774?pwd=MEVuVzRiRlR1SmxLMlF3a2FLa3VuUT09 | 1-646-558-8656 |
| BUCKS COUNTY ZONE | Monday | 7-12-2021 | 7:00 PM | 833 9712 5709 (Zoom) | 722722 | https://us02web.zoom.us/j/83397125709?pwd=Ykh4T0s3alNPUklrRGpWNWE1bHJKZz09 | 1-301-715-8592 |
| CHESTER COUNTY ZONE | Monday | 7-12-2021 | 7:00 PM | 892 2781 6366 (Zoom) | 266565 | https://us02web.zoom.us/j/89227816366?pwd=SzBhR0pZUlJVekIzT21HZDRKRkhnZz09 | 1-646-558-8656 |
| DELAWARE COUNTY | Monday | 7-12-2021 | 7:00 PM | 893 8092 9799 (Zoom) | 451451 | https://us02web.zoom.us/j/89380929799?pwd=UDRCUU9FRjY1ZEZSbHdQRG5ndkd5QT09 | 1-646-558-8656 |
| MONTGOMERY COUNTY | Monday | 7-12-2021 | 7:00 PM | 829 0440 1504 (Zoom) | 351351 | https://us02web.zoom.us/j/82904401504?pwd=N0l6Zm54S1dKMEczdHJwY3F2Ukx4Zz09 | 1-646-558-8656 |
| PHILADELPHIA ZONE | Monday | 7-12-2021 | 7:00 PM | 846 4472 6194 (Zoom) | 224224 | https://us02web.zoom.us/j/84644726194?pwd=TkVVWnAwNm41elJ1aGhwL1hjQjArZz09 | 1-646-558-8656 |
| ARCHIVES COMMITTEE | Tuesday | 7-13-2021 | 7:00 PM | 832 4414 8913 (Zoom) | SEPIA | https://us02web.zoom.us/j/83244148913?pwd=b2JqbmIzQ0dBOVJuRjlLMDNRYy9lQT09 | 1-646-558-8656 |
| INTERPHONES | Wednesday | NO MEETING | 7:00 PM | 822 1987 3872 (Zoom) | SEPIA | https://us02web.zoom.us/j/82219873872?pwd=UG5VR0lvMHJTRXAvUm5OQXE4Q0tNQT09 | 1-646-558-8656 |
| PUBLIC INFORMATION (PI) | Wednesday | 7-21-2021 | 7:00 PM | 882 5844 9206 (Zoom) | SEPIA | https://us02web.zoom.us/j/88258449206?pwd=cWlPd2ZSUllvWHcvbndyeXA4SFAwUT09 | 1-646-558-8656 |
| TREATMENT FACILITIES | Monday | 7-19-2021 | 7:00 PM | 881 4239 6509 (Zoom) | 805478 | https://us02web.zoom.us/j/88142396509?pwd=ZU00WmFMWnRjSWt5VXJUQ3NBdExtdz09 | 1-646-558-8656 |
| UNITY COMMITTEE | Tuesday | 7-20-2021 | 7:00 PM | 896 4619 2235 (Zoom) | SEPIA | https://us02web.zoom.us/j/89646192235?pwd=VTRHdXRnNjNKZmxHZXJPeTltaGZNUT09 | 1-646-558-8656 |
| FINANCE | Thursday | 7-15-2021 | 7:00 PM | 842 4075 5543 (Zoom) | SEPIA | https://us02web.zoom.us/j/84240755543?pwd=ejJlZEFMTjlENDR6cHUxVmF1ci9DZz09 | 1-646-558-8656 |
| SPECIAL EVENTS | Monday | 7-26-2021 | 7:00 PM | 834 2923 8954 (Zoom) | 797795 | https://us02web.zoom.us/j/83429238954?pwd=c2I2N05jbGFGMFpXQTl5TTdjU0FMUT09 | 1-646-558-8656 |

## JUNE GROUP CONTRIBUTIONS

FROM 6/1/2021 TO 6/30/2021

| GSO # | GROUP NAME | DONATION |
|---|---|---|
| 0 | A.A. KINDERGARTEN | $200.00 |
| 142101 | ATTITUDE ADJUSTMENT | $60.00 |
| 626489 | BIG BOOK 101 | $50.00 |
| 157259 | CAME TO BELIEVE | $50.00 |
| 613995 | EARLY NIGHT OUT | $150.00 |
| 160756 | FEASTERVILLE | $93.94 |
| 641664 | FIRST THINGS FIRST | $500.00 |
| 149870 | FLOURTOWN 8:30 | $200.00 |
| 111814 | FLOURTOWN SIX | $200.00 |
| 694331 | FLOURTOWN WOMEN'S | $200.00 |
| 665432 | FREEDOM THROUGH THE STEPS | $100.00 |
| 134612 | GAS WORKS | $150.00 |
| 123115 | GILBERTSVILLE | $50.00 |
| 691357 | IVYLAND TUESDAY WOMEN'S STEP | $200.00 |
| 175631 | KEEP IT GREEN | $200.00 |
| 718548 | KEEP IT SIMPLE | $50.00 |
| 0 | LIONVILLE WOMEN'S STEP | $150.00 |
| 143713 | LIVING SOBER & FREE | $50.00 |
| 713176 | LOST & FOUND | $100.00 |
| 607089 | MARSHALLTON | $150.00 |
| 133796 | MEDIA MEN | $100.00 |
| 172596 | MID-DAY MIRACLES | $141.95 |
| 136618 | MIRACLE | $100.00 |
| 111798 | NEW BEGINNINGS (Phila) | $375.00 |
| 112146 | OXFORD CIRCLE | $100.00 |
| 112115 | PAOLI | $155.44 |
| 112147 | PARKSIDE | $138.50 |
| 705806 | SIMPLE AT SEVEN | $200.00 |
| 690427 | SPIRITUAL AWAKENING | $100.00 |
| 634439 | SUNRISERS | $185.00 |
| 120295 | SUNSHINE | $100.00 |
| 140503 | TOP OF THE HILL (NW) | $355.15 |
| 600690 | WAKE UP | $190.35 |
| 144643 | WEEKENDERS | $200.00 |
| 704290 | WOMEN OF DIGNITY AND GRACE | $125.00 |
| 172148 | WRIGHTSTOWN HIGH STEPPERS | $175.00 |
| | **Total from 6/1/2021 to 6/30/2021:** | **$5,645.33** |

# SEPIA
## Balance Sheet
### As of June 30, 2021

| | Jun 30, 21 | |
|---|---|---|
| **ASSETS** | | |
| **Current Assets** | | |
| **Checking/Savings** | | |
| **FrankIn Mint** | | 202,917.66 |
| **Petty Cash** | | 466.20 |
| **PNC-General Checking** | | 36,260.09 |
| **PNC-Money Market** | | 10,000.00 |
| **PPayPal** | | -2,652.88 |
| **Total Checking/Savings** | | 246,991.07 |
| **Accounts Receivable** | | |
| **Accounts Receivable** | | 5,005.91 |
| **Total Accounts Receivable** | | 5,005.91 |
| **Other Current Assets** | | |
| **Accounts Receivable Offset** | | -130.17 |
| **Inventory Asset** | | 59,672.12 |
| **Undeposited Funds** | | 4,608.83 |
| **Total Other Current Assets** | | 64,150.78 |
| **Total Current Assets** | | 316,147.76 |
| **Fixed Assets** | | |
| **Accumulated Depreciation** | | -11,065.87 |
| **Computer Upgrades - 2012** | | 11,065.87 |
| **Fixed Assets** | | |
| **Accumulated Depreciation** | -15,505.00 | |
| **Office Equipment** | 15,505.00 | |
| **Total Fixed Assets** | | 0.00 |
| **Total Fixed Assets** | | 0.00 |
| **TOTAL ASSETS** | | **316,147.76** |
| **LIABILITIES & EQUITY** | | |
| **Liabilities** | | |
| **Current Liabilities** | | |
| **Accounts Payable** | | |
| **Accounts Payable** | | -40.90 |
| **Total Accounts Payable** | | -40.90 |
| **Other Current Liabilities** | | |
| **Accounts Payable Offset** | | 1,122.35 |
| **Sales Tax Payable** | | 1,375.07 |
| **Total Other Current Liabilities** | | 2,497.42 |
| **Total Current Liabilities** | | 2,456.52 |
| **Total Liabilities** | | 2,456.52 |
| **Equity** | | |
| **Opening Bal Equity** | | 132,085.00 |
| **Unrestricted Net Assets** | | 106,514.29 |
| **Net Income** | | 75,091.95 |
| **Total Equity** | | 313,691.24 |
| **TOTAL LIABILITIES & EQUITY** | | **316,147.76** |

# SEPIA
## Profit & Loss Budget vs. Actual
### November 2020 through June 2021

| | Nov '20 - Jun 21 | Budget | $ Over Budget | % of Budget |
|---|---|---|---|---|
| **Ordinary Income/Expense** | | | | |
| **Income** | | | | |
| **Breakfasts/Dinner Dance/Comedy** | | | | |
| **Dinner Dance/Comedy** | 0.00 | 0.00 | 0.00 | 0.0% |
| **Breakfast-Bucks County** | | | | |
| **Donations** | 0.00 | 666.64 | -666.64 | 0.0% |
| **Breakfast-Bucks County - Other** | 0.00 | 0.00 | 0.00 | 0.0% |
| **Total Breakfast-Bucks County** | 0.00 | 666.64 | -666.64 | 0.0% |
| **Breakfasts/Dinner Dance/Comedy - Other** | 0.00 | 0.00 | 0.00 | 0.0% |
| **Total Breakfasts/Dinner Dance/Comedy** | 0.00 | 666.64 | -666.64 | 0.0% |
| **RU Income** | | | | |
| **RU Registrations** | 0.00 | 12,500.00 | -12,500.00 | 0.0% |
| **RU Tees** | 1,014.00 | | | |
| **RU Hoodies** | 2,049.00 | | | |
| **RU Prison lit big book donation** | 815.00 | | | |
| **RU Extra donation to SEPIA** | 2,671.00 | | | |
| **RU Income - Other** | 0.00 | 0.00 | 0.00 | 0.0% |
| **Total RU Income** | 6,549.00 | 12,500.00 | -5,951.00 | 52.4% |
| **Contributions** | | | | |
| **BB & Literature for Prisons** | 917.00 | 166.64 | 750.36 | 550.3% |
| **Group Contributions** | 126,460.58 | 120,753.12 | 5,707.46 | 104.7% |
| **Individual Contributions** | 26,344.76 | 24,145.52 | 2,199.24 | 109.1% |
| **Other Contributions** | 2,549.65 | 1,087.44 | 1,462.21 | 234.5% |
| **Contributions - Other** | 988.72 | | | |
| **Total Contributions** | 157,260.71 | 146,152.72 | 11,107.99 | 107.6% |
| **Literature** | 55,517.24 | 56,787.20 | -1,269.96 | 97.8% |
| **Miscellaneous Income** | | | | |
| **Interest Income** | 509.27 | 1,000.00 | -490.73 | 50.9% |
| **Interviews** | 760.00 | 333.36 | 426.64 | 228.0% |
| **Other Revenue** | 0.00 | 333.36 | -333.36 | 0.0% |
| **Miscellaneous Income - Other** | 5,525.73 | | | |
| **Total Miscellaneous Income** | 6,795.00 | 1,666.72 | 5,128.28 | 407.7% |
| **Total Income** | 226,121.95 | 217,773.28 | 8,348.67 | 103.8% |
| **Cost of Goods Sold** | | | | |
| **Cost of Goods Sold** | | | | |
| **Discounts & Allowances** | 0.78 | | | |
| **Inventory Adjustment** | -1,769.49 | | | |
| **Literature Expenses** | | | | |
| **AAWS and GPV** | 377.08 | | | |
| **Postage for Literature** | 1,792.02 | 1,000.00 | 792.02 | 179.2% |
| **Literature Expenses - Other** | 91.64 | | | |
| **Total Literature Expenses** | 2,260.74 | 1,000.00 | 1,260.74 | 226.1% |
| **Cost of Goods Sold - Other** | 42,379.03 | 45,737.60 | -3,358.57 | 92.7% |
| **Total Cost of Goods Sold** | 42,871.06 | 46,737.60 | -3,866.54 | 91.7% |
| **Total COGS** | 42,871.06 | 46,737.60 | -3,866.54 | 91.7% |
| **Gross Profit** | 183,250.89 | 171,035.68 | 12,215.21 | 107.1% |
| **Expense** | | | | |
| **Uncategorized Expenses** | 341.93 | | | |
| **Breakfast Expenses** | | | | |
| **Breakfast Expense-Bucks** | | | | |
| **Facility** | 0.00 | 0.00 | 0.00 | 0.0% |

# SEPIA
## Profit & Loss Budget vs. Actual
### November 2020 through June 2021

| | Nov '20 - Jun 21 | Budget | $ Over Budget | % of Budget |
|---|---|---|---|---|
| Breakfast Expense-Bucks - Other | 140.00 | | | |
| Total Breakfast Expense-Bucks | 140.00 | 0.00 | 140.00 | 100.0% |
| Total Breakfast Expenses | 140.00 | 0.00 | 140.00 | 100.0% |
| Dinner Dance/Comedy Expenses | | | | |
| Caterer-Dinner Dance/Comedy | 0.00 | 0.00 | 0.00 | 0.0% |
| Total Dinner Dance/Comedy Expenses | 0.00 | 0.00 | 0.00 | 0.0% |
| Round Up | | | | |
| RU Merchandise for Sale | -7,220.00 | | | |
| RU Miscellaneous Expenses | 219.10 | | | |
| Round Up - Other | 0.00 | 5,666.64 | -5,666.64 | 0.0% |
| Total Round Up | -7,000.90 | 5,666.64 | -12,667.54 | -123.5% |
| Share-A-Day | 40.50 | 1,000.00 | -959.50 | 4.1% |
| Comittees & Zones | | | | |
| Bucks County Zone | 0.00 | 373.36 | -373.36 | 0.0% |
| Chester County Zone | 134.00 | 400.00 | -266.00 | 33.5% |
| Delaware County Zone | 0.00 | 340.00 | -340.00 | 0.0% |
| Montgomery County Zone | 0.00 | 398.64 | -398.64 | 0.0% |
| Philadelphia County Zone | 0.00 | 1,065.36 | -1,065.36 | 0.0% |
| Archives Committee | 0.00 | 200.00 | -200.00 | 0.0% |
| Cooperation with Professionals | 0.00 | 66.64 | -66.64 | 0.0% |
| Interphones Committee | 3,273.74 | 3,666.64 | -392.90 | 89.3% |
| Prisons Committee | 0.00 | 5,633.60 | -5,633.60 | 0.0% |
| Public Information Committee | 200.73 | 1,217.76 | -1,017.03 | 16.5% |
| Treatment Facilities Committee | 129.52 | 2,000.00 | -1,870.48 | 6.5% |
| Unity Committee | 0.00 | 498.16 | -498.16 | 0.0% |
| Total Comittees & Zones | 3,737.99 | 15,860.16 | -12,122.17 | 23.6% |
| Travel & Training | | | | |
| Nat'l AA Technology Workshop | 0.00 | 1,666.64 | -1,666.64 | 0.0% |
| Office Manager Seminar | 0.00 | 1,666.64 | -1,666.64 | 0.0% |
| Travel & Training - Other | 21.00 | 304.00 | -283.00 | 6.9% |
| Total Travel & Training | 21.00 | 3,637.28 | -3,616.28 | 0.6% |
| Miscellaneous | | | | |
| Reconciliation Discrepancies | 110.00 | | | |
| Total Miscellaneous | 110.00 | | | |
| Office Expenses | | | | |
| Utilities | 0.00 | 666.64 | -666.64 | 0.0% |
| Square Fee | 463.32 | 500.00 | -36.68 | 92.7% |
| Office Manager Cell Phone | 564.71 | 1,132.88 | -568.17 | 49.8% |
| Cleaning | 2,765.68 | 2,600.00 | 165.68 | 106.4% |
| Computer Consultant | 2,100.00 | 1,666.64 | 433.36 | 126.0% |
| Computer/Fax Equipment | 320.00 | 2,000.00 | -1,680.00 | 16.0% |
| Copier Lease Service Supplies | 5,570.33 | 5,172.00 | 398.33 | 107.7% |
| CPA/Professional Services | 3,500.00 | 4,333.36 | -833.36 | 80.8% |
| Insurance-Liability/D&O/WC | 3,892.00 | 4,666.64 | -774.64 | 83.4% |
| Office Rent | 20,000.00 | 20,000.00 | 0.00 | 100.0% |
| Office Supplies | 800.09 | 8,393.60 | -7,593.51 | 9.5% |
| Parking & Transportation | 1,390.50 | 3,488.00 | -2,097.50 | 39.9% |
| PayPal Fee | 1,010.18 | 1,652.00 | -641.82 | 61.1% |
| Payroll Service Fee | 953.46 | 526.24 | 427.22 | 181.2% |
| PNC Merchant Interchng | 1,138.40 | 1,094.72 | 43.68 | 104.0% |
| Telephone/Internet | 1,539.14 | 2,000.00 | -460.86 | 77.0% |
| USPS | 210.98 | 666.64 | -455.66 | 31.6% |
| Web Hosting/Storage | 345.28 | 439.60 | -94.32 | 78.5% |
| Office Expenses - Other | 1,369.48 | 342.32 | 1,027.16 | 400.1% |

# SEPIA
## Profit & Loss Budget vs. Actual
### November 2020 through June 2021

| | Nov '20 - Jun 21 | Budget | $ Over Budget | % of Budget |
|---|---|---|---|---|
| **Total Office Expenses** | 47,933.55 | 61,341.28 | -13,407.73 | 78.1% |
| **Salary and Benefits** | | | | |
| **Compensation** | 39,773.43 | 69,509.36 | -29,735.93 | 57.2% |
| **Employee Benefits** | 16,865.15 | 6,400.00 | 10,465.15 | 263.5% |
| **Employer Taxes** | 4,327.19 | 6,917.44 | -2,590.25 | 62.6% |
| **Total Salary and Benefits** | 60,965.77 | 82,826.80 | -21,861.03 | 73.6% |
| **Total Expense** | 106,289.84 | 170,332.16 | -64,042.32 | 62.4% |
| **Net Ordinary Income** | 76,961.05 | 703.52 | 76,257.53 | 10,939.4% |
| **Other Income/Expense** | | | | |
| **Other Expense** | | | | |
| **PRIOR YEAR ADJUSTMENTS** | 0.00 | 0.00 | 0.00 | 0.0% |
| **Total Other Expense** | 0.00 | 0.00 | 0.00 | 0.0% |
| **Net Other Income** | 0.00 | 0.00 | 0.00 | 0.0% |
| **Net Income** | **76,961.05** | **703.52** | **76,257.53** | **10,939.4%** |