

Interviews April 2024



A MEMBER SHARES

Writing My Fourth Step

I started drinking at an early age, and alcohol became my medicine. It numbed my emotional pain, it masked my fears, it hid my insecurities, and it helped me forget—at least for a while. However, in time, the very elixir that I discovered as a child began to turn on me in adolescence, and by the time I was a young adult, it made life absolutely impossible. Most striking of all, and unbeknownst to me at the time, alcoholism had warped my thinking so that eventually I was divorced from reality altogether. It was Step Four that helped me find my way out of the fog and haze of alcoholism, and gave me enough clarity to at least make a beginning in understanding the truth about myself.

So how does one actually do a personal inventory? As far as I'm concerned, there is no right or wrong way to practice this step. I think what's important is that we follow the general principle of self-honesty, and that we are willing to be searching and fearless in the pursuit of truth. Some will take the approach of reviewing the seven deadly sins as laid out in the *Twelve Steps and Twelve Traditions* (12 x 12), others will simply write out their life story, and still others will review a sampling of the more significant events from their lives. I used the process outlined in the Big Book, and reviewed my resentments, fears and sexual conduct.

Cont'd on page 5

Round-Up Report 2024

To walk into the Grand Hotel in Cape May for this year's Round-Up was to be met with a blast of high-spirited noise and positive energy. A.A. members could be seen milling about at all hours, happily talking with the greeters or old friends they hadn't seen in awhile. People lined up in the main hallway for meetings around the clock. The Hospitality Room was always hopping and its serving table was overflowing with a variety of foods donated by dedicated groups. It was like coming home.

Detailed financial information about the event and will be available in next month's *Interviews*.

Thank you to all the volunteers who made this Round-Up a smashing success!

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





SEPIA Statement on Prudent Reserve February 2024

SEPIA has financial guidelines that it follows. Those financial guidelines tell us to keep a prudent reserve of funds on hand to cover future expenditures. The guidelines establish a range of 8-12 months of the previous year's actual expenses. Currently we are holding reserves that equal 13.3 months of expenses.

The budget for this fiscal year takes these excess reserves into account. The current year budget includes critical website and office systems upgrades in addition to the regularly occurring office and Twelve-Step Committee expenses. By the end of this fiscal year, it is projected that our prudent reserve will be at 10.5 months, which is within the acceptable range outlined in the financial guidelines.

The finance committee monitors the prudent reserve balances on a quarterly basis and regularly communicates with the Steering Committee on any excess reserves.

Between 75-90% of our net revenues are from individual and group contributions, and these are also included in our current year budget. It is our recommendation that groups continue their current polices on contributions to SEPIA.



DID YOU KNOW

SEPIA's operating budget relies heavily on Seventh Tradition contributions from groups. Fundraisers like the Round-Up, Gratitude Breakfasts, literature sales and other events make up the rest. We are able to be self-supporting through the generosity of our members.

Why should my group have an Intergroup Representative (IGR)?

Each group can elect one member (and one alternate) to be the link between the group and its Central Office—in this case, SEPIA. SEPIA learns the needs and issues of the group and the group learns the needs and issues of SEPIA at the monthly Zone meeting. The Intergroup Rep can inform the group of service opportunities and how the group can support the committees and events of SEPIA.

It is important for the Intergroup Rep to encourage the secretary of their group to read the report they bring back from the Zone meeting and assist in keeping their group aware of upcoming events as well as any need for service on the standing committees: Interphones, Special Events, Prisons, Treatment, Cooperation with the Professional Community, Public Information, plus the office!

The Intergroup Rep can encourage participation in the important Twelve-Step work of the Intergroup Office. This is a "we" program.

STEP FOUR

Made a searching and fearless moral inventory of ourselves.

Literature Reference: "It is plain that a life which includes deep resentment leads only to futility and unhappiness. To the precise extent that we permit these, do we squander the hours that might have been worthwhile." (*Alcoholics Anonymous*, page 66, *How It Works*)

A solid Fourth Step inventory where we take stock of the manifestations of self-will is divided into three parts:

- 1.) Our resentments (or "grudge list" as Bill calls it)
- 2.) Our fears
- 3.) Our sex conduct (and harm done toward others in this area)

Though it may seem paradoxical given what we do in this Step, the Fourth Step is not about finding out who we are. It's about finding out who we are NOT, so with God's help, we can be rid of those things, and who we truly are will then shine through.

In our Fourth Step inventories we will discover, for the most part, that our troubles were of our own making. We will see how we played a part in every resentment and fear we've ever had and how our conduct has harmed others. These are the very things that have blocked us from God, the only Power that can remove the alcoholic obsession.

CONCEPT IV (Short Form)

At all responsible levels, we ought to maintain a traditional "Right of Participation," allowing a voting representation in reasonable proportion to the responsibility that each must discharge.

NO MEMBERS ARE "SECOND CLASS."

I was surprised to discover that Concept IV is about equality, humility and inclusion: Voting members include not only delegates, but also the trustees, and the directors and staff members of A.A. World Services (i.e., G.S.O.) and the *AA Grapevine*.

The boards of these two operating entities include as voting members not only trustees, but also non-trustee directors and paid administrators and staff members. New trustees on the General Service Board and new directors of the A.A.W.S. and Grapevine boards are sometimes surprised to see paid executives, staff members and outside accountants attending the board meetings. They are invited because of A.A.'s "Right of Participation."

Bill warns against the possibility of new delegates or trustees trying to "weaken, modify or toss out" the Right of Participation. He cites arguments by delegates to take away the trustees', directors' and staff members' vote at the Conference. "Certainly," he says, "Our trustees and service workers are not less conscientious, experienced and wise than the delegates. It is vital," he continues, "to preserve the traditional 'Right of Participation,' in the face of every tendency to whittle it down."

Finally, there is a spiritual reason for the Right of Participation. All of us desire to belong. In A.A., no members are second class. We perform our service tasks better "when we are sure we belong-when our 'participation' assures us we are truly the 'trusted servants' described in Tradition Two."

Office personnel voting? In A.A. we're all equal.—Kathleen C., San Francisco and Marin Intergroup

TRADITION FOUR (Short Form)

Each group should be autonomous except in matters affecting other groups or A.A. as a whole.

Literature Reference: "When A.A.'s Traditions were first published, in 1946, we had become sure that an A.A. group could stand almost any amount of battering. We saw that the group, exactly like the individual, must eventually conform to whatever tested principles would guarantee survival."

"We had been given the courage to declare each A.A. group an individual entity, strictly reliant on its own conscience as a guide to action. In charting this enormous expanse of freedom, we found it necessary to post only two storm signals: A group ought not do anything which would greatly injure A.A. as a whole, nor ought it affiliate itself with anything or anybody else. There would be real danger should we commence to call some groups "wet", others "dry", still others "Republican" or "Communist," and yet others "Catholic" or "Protestant." The A.A. group would have

to stick to its course or be hopelessly lost. Sobriety had to be its sole objective. In all other aspects there was perfect freedom of will and action. Every group had the right to be wrong."—*Twelve Steps and Twelve Traditions*, pp. 146 & 147

And you are a member if you say you are!

Getting Rid of Resentments the A.A. Way

"If you have resentment you want to be free of, if you will pray for the person or the thing that you resent, you will be free. If you will ask in prayer for everything you want for yourself to be given to them, you will be free. Ask for their health, their prosperity, their happiness, and you will be free. Even when you don't really want it for them and your prayers are only words and you don't mean it, go ahead and do it anyway. Do it every day

for two weeks, and you will find you have come to mean it and to want it for them, and you will realize that where you used to feel bitterness and resentment and hatred, you now feel compassionate understanding and love."—Alcoholics Anonymous, p. 552



Cont'd from page 1

Writing My Fourth Step--Let's Talk About Sex!

I was terribly shy as a kid, especially during those awkward years of adolescence. I dealt with it through avoidance. I didn't date, and with the exception of junior prom, I never went to a high school dance. Remarkably enough, a nice girl befriended me, and I was crazy about her. I suppose that I would consider her my first girlfriend. She was very different from me in that she was fun and outgoing and popular. I on the other hand was quiet and insecure. There's certainly nothing unusual in all of this. It's typical high school growing pains. The only problem is that this is when my drinking started taking over and I wasn't growing. I had the pain without the growth.

When I inventoried my sexual conduct, I decided to include any romantic relationship, even if sex wasn't involved. This was important because my sexual experience at that time was fairly limited, and drinking played such a huge role in keeping me distanced and detached from others. Had I not been drinking, my sexual life would have been healthier and more fulfilling. I suppose that would be true for many if not most of us.

I did what was suggested, and I reviewed my sexual conduct and relationships to ask where I was selfish, dishonest, and inconsiderate. I took a look at who I hurt and what I could have done differently. I found that I was selfish, dishonest and inconsiderate in every instance. I never harmed anyone physically, but I certainly did my share of emotional harm. In most of my relationships, I simply disappeared so I wasn't around to see who may have been hurt. Only once was I present for the tears.

Reviewing my sex conduct and my past relationships was helpful, but I don't think it made things easier as I started dating in sobriety. I was in my late twenties and early thirties going through what I should have experienced during those high school years. It was fun though. I still remember my first date in sobriety. I was two years sober and she was someone I knew either from an old job or from college. I believe it was the first time that I had ever gone on a date without needing a drink to get through it. I didn't pursue that relationship because the time just wasn't right. I was still rebuilding the basic infrastructure of my life, and I wasn't ready for a relationship.

I continued dating through my thirties and I had a few long-term relationships. By the time I was in my early forties, I met the woman who is now my wife. I fell in love with her instantly and I asked her to marry me within six months of meeting her. Next month, we will have been married for ten years.

I can't say that the sex inventory corrected all of my sex problems. It's still a difficult area and I'm not always very good at communicating about sex. It is indeed progress not perfection that we are seeking and I'm happy with that. —John S. *Originally published on* AA Beyond Belief.

FUN FACT:

Alcohol increases the size of the "send" button by 89%.



HUMOR IN SOBRIETY

WE ARE NOT A GLUM LOT!

Q: What does a law student and recovering alcoholic have in common?

A: They both have to pass the bar!

How SEPIA Got Its Zones

Part Two

Today, the region that SEPIA serves is divided into five Zones, each with their own service representatives. Each Zone covers one county: Bucks, Chester, Delaware, Montgomery, and Philadelphia. But this wasn't always the case. Before the mid 1990's, there were no Zones, so every group's Intergroup Rep had to travel to the monthly Intergroup meeting in Philadelphia to get information from SEPIA and to sign up for treatment and prison commitments. This could mean well over an hour of travel each way for some members. Some groups felt disconnected from their Central Office, which didn't feel very central. Seventh Tradition contributions to SEPIA were low, and as a result SEPIA struggled with carrying out certain aspects of its mission. Even getting enough Big Books to sell was difficult at times.

Chester was the first county to form its own Zone. With this consolidation, Chester groups were easily able to handle all existing treatment commitments and add more, as well as clear more members to do prison commitments. Chester contributions to SEPIA went up. John P., a previous Intergroup President, wanted the other counties to do the same thing. He asked Mike G., Archivist, to help. The first part of Mike's account of these events was first published in December, 2023 issue of Interviews. Here is the second part.

Initially Philadelphia did not participate in Zone formation. Currently all five counties are up and running! The conceptual outline used by the conscience of Chester County (approved by substantial unanimity) was considered then incorporated by the remaining participating zones.

"The draw" was originated by me in Chester County during the three and a half years I was chair. There were only three institutional commitments for the county at that time. Myself, Anne-Marie S-G, Walt, and Steve C (my first sponsee) were hosting the Malvern Saturday night meeting. SEPIA's Institution Committee Director requested adoption of this meeting since all commitments on the boards (at the FOP meeting held at FOP HQ, Broad & Spring Garden) were not being filled. Members willing to do service work were lacking. If a Chester County rep left work at 5 PM and went immediately to the FOP, the parking lot was full. They'd need to locate a parking space nearby, then sign in with the SEPIA Office Manager before getting their home group's stickers to place on the Institutional Committee board. For every county the boards would be placed to get commitments. The rep for Chester County would not be able to get into the line for Chester County commitments until 6:45 to after 7 PM and the line was really long (the county commitments were most popular with members who may have been alumni or had home group members who were alumni).

Things got so bad that people would put their stickers on top of someone else's to get the desired commitment for their group. Many people joined the committee so they could put their stickers on the boards before boards were 'flipped' at 7 PM.

"The draw" was what kept the IGR's coming to the zone. We succeeded in getting the other two commitments adopted, and therefore all the commitments for the county were given

out by the zone. My Steering Committee experience with the Unity Committee and knowing all the directors and assistant directors of the other committees and the fact that when we did a "Unity Pitch" we invited these trusted servants to explain the committee and its sub-committees to join us and pitch for their committee helped also. We also invited the DCM's from the area to come and join us. We were finding that many groups just didn't have an IGR but no GSR either. Interest among the groups increased, and attendance took off at our Zone meetings.

As we were approaching the new millennium (the year 2000) the Chester County Zone decided to throw a party to celebrate the occasion. We had no real budget and minimal expenses. I was against it. I was outvoted. We decided that any money made from this event would go towards the establishment of a toll free 800 telephone number for the Intergroup, which still exists today.— *Mike G., Philadelphia*



EVENTS WITHIN THE FIVE-COUNTY AREA

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

SAVE THE DATE!

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

Monday April 1: TRADITIONS 10, 11 & 12 WORKSHOP SPONSORED BY ROCK BOTTOM: 2904 Conestoga Road Glenmoore 19343. 6:30-8 PM. For more info call Chris B: 484-645-5124.

Friday April 5: ORELAND BEGINNERS 32nd ANNIVERSARY: Christ Lutheran Church 700 E. Pennsylvania Ave Oreland 19075. Food, fun & fellowship 6:30 PM, two A.A. speakers 8 PM.



Saturday April 6: AREA 59 EASTERN PENNSYLVANIA 2024 PRE-CONFERENCE SHARING SESSION HOSTED BY DISTRICT 25 Reformation Lutheran Church 1215 Vernon Road Philadelphia 19150. Explore agenda items and topics that will go before the voting body of the 74th General Service Conference later this month. All GSR's should attend. Registration 9 AM, breakfast and lunch provided! For more information or to volunteer, contact: dcm@district25aa.org.

Sunday April 14: ROBERT'S RULES & RESENTMENTS WORKSHOP HOSTED BY AREA 59 AND DISTRÍCTS 31 & 32 Marple Presbyterian Church 105 N Sproul Rd Broomall 19008. A workshop on running effective meetings & discussing the Fourth Step. Speakers, food, fun & fellowship. Coffee & lunch provided. 10 AM-2PM.

Monday April 15: MONDAY NIGHT A.A. AT CCV 20th ANNIVERSARY 150 Yeager Rd Royersford 19468 aka "The Movie Church". 7:30 PM Food & Fellowship 8 PM Speaker 8:30 Group share.

Tuesday April 16: IVYLAND WOMEN'S STEP 18TH ANNIVERSARY Ivyland Presbyterian Church 51 Gough Áve Ivyland PA 18974. Food & Fellowship: 5:30 PM Speakers 6:30 PM.

Thursday April 18: THURSDAY NIGHT BEGINNERS 27TH ANNIVERSARY Holy Cross Church 140 East Mount Airy Ave 19119. Food & Fellowship 7 pm Speaker meeting 8 pm.

Friday April 26: FRIDAY NIGHT FORTUNATES 36th ANNIVERSARY 815 Wollaston Road Unionville 19348. Potluck, snacks, beverages provided. Bring a dish or dessert! Food 5 PM Meeting 7 PM.

Friday April 26: WEST OAK LANE 51ST ANNIVERSARY (HYBRID) Reformation Lutheran Church 1215 É Vernon Road (@ Rugby Street) Philadelphia 19150. Zoom ID: 683 571 0660 (no passcode needed). A.A. & Al-Anon speakers. Snacks and drinks served in-person. 7:30 PM.



Sunday May 5: TACOS & TALENT PART DOS ON CINCO DE MAYO SPONSORED BY Sunday May 5: IACO3 & PENNSCYPÁA 35 HOST—Meeting, taco buffet & collection of live performances Meeting 4 PM Food & performances after the meeting. Interested in performing? Email: pennscypaa35host@gmail.com. Pre-registration \$20 using QR code or \$25 at

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

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

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

OUT OF AREA EVENTS

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

THREE-LEG GROUP PRESENTS A CLOSED A.A. LITERATURE STUDY: Explore A.A.'s many informational pamphlets in depth! Zoom ID: 452 100 1634 Passcode: 31236. Phone: 305-224-1968. Wednesdays 6:30 PM.

SPONSORSHIP WORKSHIP Presented by FELLOWSHIP OF THE SPIRIT TORONTO (Online): Efficiently, effectively, powerfully taking new people through the Steps as outlined in the Big Book! Weekly Saturday meeting 10 am to 11:30 am EST starting February 3. Zoom ID: 827 4506 5669 Passcode: Sponsors.

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

SAVE THE DATE: 2025 INTERNATIONAL CONVENTION: Wednesday-Saturday July 3-6, 2025 in Vancouver, BC, Canada. Vancouver will welcome 48,000 A.A. members from around the world! Info at: https://www.aa.org/international-convention.

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

DELAWARE YOUNG PEOPLE IN A.A. Presents FIRST ANNUAL CONFERENCE: The First State's First YPAA Conference. Friday-Sunday September 27-29. Sheraton Downtown 422 Delaware Ave Wilmington, DE 19801. Pre-register now at http://tinyurl.com/deypaacon24.



In Loving Memory

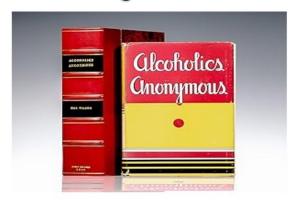
Maureen H. of Philadelphia, who died sober on March 11, 2024. In the few short months we knew her, watching her grasp hold of A.A. and flourish in this program was to watch a miracle unfold before our eyes. Her bright light and beautiful smile will be greatly missed. —*Members of the Intergroup Noon Meeting*



April Literature Spotlight



Happy Birthday, Big Book! 85 Years!





April 10, 1939: *Alcoholics Anonymous* was first published. The full title was: *Alcoholics Anonymous: The Story of How More Than One Hundred Men Have Recovered from Alcoholism*, because at the time, there were only a couple of women in A.A.

Interestingly enough, the name *Alcoholics Anonymous* was not the first choice for the book. After months of heated debate where some 100 to 200 names were considered (according to which account you read), the choices for a title were narrowed down to two finalists, *The Way Out* and *Alcoholics Anonymous*. Bill W., the author, favored *The Way Out*, though he later admitted that part of the reason for this was because he could then sign the cover page "By Bill W." (In darker moments, he even considered calling the book *The Bill W. Movement*!) When the groups put the matter to a final vote, *The Way Out* won by a narrow majority.

However, just before *The Way Out* went to print, somebody realized that the title might already be in use. Not having Amazon or Google, they sent Fitz M., a member in the Washington D.C. Area, to the Library of Congress to investigate. There he found not one, not two, but *twelve* books in print with the title *The Way Out*.

This would not do. Not only because the "nameless group of alcoholics", as they were known then, wanted a unique title for their unique book, but also because many of them, Bill W. included, believed that certain numbers have powerful spiritual significance. As he wrote, "We shivered at the possibility of being the Thirteenth *Way Out*."

There were, however, no other books called *Alcoholics Anonymous*, so, *The Way Out* was out, and *Alcoholics Anonymous* was in. The irony is, when *Alcoholics Anonymous: The Story of How...* etc., was published, people immediately started referring to it as the "Big Book", due to the fact that it was printed on the thickest paper possible, with wide margins, to make it feel like the reader was getting their money's worth. That nickname stuck, and is used far more often than the actual title. Proving again that, when given an option, alcoholics will always seek the easier, softer way out.—*Kris H., Philadelphia*

THIS MONTH IN A.A. HISTORY

*** APRIL***

April 1935: Dr. Silkworth (author of *The Doctor's Opinion* chapter in the Big Book) and Bill W.'s, doctor, advises Bill to stop preaching AT drunks, and instead explain about the mental obsession and allergy of the body they suffer from.

April 1950: The *Saturday Evening Post* publishes a follow-up article about A.A., *The Drunkard's Best Friend*, by Jack Alexander.

April 1958: The word "honest" was dropped from the *A.A. Preamble*, "an honest desire to stop drinking".

April 1970: The General Service Office (GSO) moved to 468 Park Avenue South, New York, NY.

April 1, 1966: Sister Ignatia (born 1889), who worked closely with Dr. Bob to admit and treat alcoholics at St. Thomas Hospital in Akron, OH, died.

April 7, 1941: Ruth Hock, A.A.'s secretary, reported there were 1,500 letters asking for help as a result of the first *Saturday Evening Post* Article by Jack Alexander, published the previous month.

April 10, 1939: The first ten copies of the first printing, first edition of the Big Book arrived at the office Bill W. and Hank P shared.

April 11, 1941: Bill and Lois move into their new home, Stepping Stones in Katonah, New York.

April 16, 1973: Dr. Jack Norris, Chairman of the A.A. General Service Board, presented President Nixon with the one-millionth copy of the Big Book.

April 19, 1940: The first A.A. group in Little Rock, Arkansas, was formed. It was the first so-called "mail order" group, run entirely using literature that came through the mail.

April 24, 1940: The first A.A. pamphlet, *AA* (aka *The Houston Pamphlet*) was published. These were a series of six articles originally written by Larry J. for the Houston Press newsletter.

April 25, 1951: A.A.'s first General Service Conference was held at the Commodore Hotel in New York, NY. The theme was "Not to Govern—But to Serve."

April 30, 1989: The film *My Name is Bill W.*, a CBS Hallmark Hall of Fame made-for-television drama starring James Woods, JoBeth Williams and James Garner, was first aired. It told the story of A.A. founder Bill W.'s rise and fall due to drinking, his fateful meeting with Dr. Bob, and their founding of Alcoholics Anonymous. It was nominated for seven Emmy awards that year, and James Woods won "Outstanding Actor in a Movie or Mini-Series" for his portrayal of Bill W.



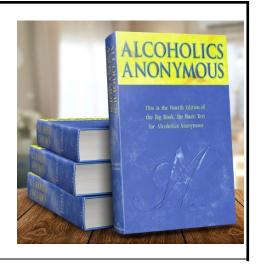


SEPIA Sound-Off!

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

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

Have an event coming up? Send us your flyers to be posted on the website!



SPACES AVAILABLE IN THE FIVE-COUNTY AREA FOR MEETINGS

MontCo:

601 Drescher Road, Ste. #105
(Next to bank)
Horsham, PA 19044
Contact: Katie McDonough
267-981-1270



West Philly:

Vine Street Community Center 6135 Vine Street Philadelphia, PA 19139 Contact: Dinna Seapoe 267-471-8421



SEPIA's Committee Meetings are open to all interested A.A. Members! Get involved and make a difference!



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

Archives		
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 — April 9 at 7 pm Saturday — April 20 at 9 am for Preservation Work	
Cooperation With The Professional Community (CPC)	Monday — April 1	
Helps police, medical, and other professionals understand what A.A. is and how it can help their clients.	7 pm	
Finance	Thursday — April 18	
Makes recommendations to the Steering Committee and SEPIA office how best to spend Seventh Tradition donations.	7 pm	
Interphones and Helping Unite the Sick, Shut-in, Hospitalized and Homebound (HUSSHH) (Meets even months only)	Wednesday — April 24 (last Wed. of even months)	
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.	7 pm	
Prisons and Temporary Contact		
Members take A.A. meetings behind the walls to inmates. Temporary Contact introduces new A.A.'s coming out of prison to our program and escorts them to meetings.	Thursday — April 4 7 pm	
Public Information (PI)	Wednesday — April 17	
Conveys information about A.A. to the general public through flyers, mailings, radio spots, health fairs, etc.	7 pm	
Special Events	Monday — April 29	
Plans the annual spring Round-Up, the Share-A-Day event, Breakfasts and more.	7 pm	
Treatment Facilities (TF) and Bridging the Gap		
Treatment committee members establish and oversee A.A. meetings at detoxes and rehabs. Bridging the Gap connects members leaving facilities to meetings in their area.	Monday — April 15 7 pm	
Unity	Tuesday — April 16	
Provides information about service opportunities outside the homegroup to groups when invited; plans summer picnic and fall workshop.		
Web/Tech Ad Hoc Committee	Wednesday — April 3	
An offshoot of Public Information (PI), Web/Tech programs and manages the website, and provides tech advice and IT support for the SEPIA office.	5:30 pm	

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

Committee Name	Day	Date	Time	Meeting ID	Passcode	Link	Dial-In #
CPC COMMITTEE (Hybrid)	Monday	4-1-2024	7:00 PM	869 6733 4672 (Zoom)	SEPIA1903	https://us02web.zoom.us/j/86967334672?pwd=ZkwvOHYvZ3M3a2NoaHMrSGNGK1duZz09	646-558-8656
WEB/TECH COMMITTEE (Hybrid)	Wednesday	4-3-2024	5:30 PM	840-2179-3007	580960	https://us02web.zoom.us/j/82048001938?pwd=T1VkT1JwVTA3VnlEbEZ4d3FRWXFxdz09	646-558-8656
PRISON COMMITTEE (Hybrid)	Thursday	4-4-2024	7:00 PM	897 4545 6774 (Zoom)	SEPIA	https://us02web.zoom.us/i/89745456774?pwd=MEVuVzRiRIR1SmxLMIF3a2FLa3VuUT09	646-558-8656
BUCKS COUNTY ZONE	Monday	4-8-2024	7:00 PM	In Person		Good Shepherd Lutheran Church, 877 Street Rd (& Churchville/Knowles), Southampton 18966	
CHESTER COUNTY ZONE	Monday	4-8-2024	7:00 PM	816 0449 5799 (Zoom)	266565	https://us02web.zoom.us/j/81604495799?pwd=eGJyOUNrZjMxdDZZQWhBdUd3T3FJdz09	646-558-8656
DELAWARE COUNTY	Monday	4-8-2024	7:00 PM	In Person		Hmb Ukranian Church, 900 Fairview Rd, Swarthmore, 19081	
MONTGOMERY COUNTY	Monday	4-8-2024	7:00 PM	In Person		Sanctuary United Methodist Church, 1346 East Prospect Ave, North Wales 19454	
PHILADELPHIA ZONE	Monday	4-8-2024	7:00 PM	In Person		Philadelphia Kroc Center Salvation Army 4200 Wissahickon Ave Philadelphia 19129	
ARCHIVES COMMITTEE	Tuesday	4-9-2024	7:00 PM	832 4414 8913 (Zoom)	SEPIA	https://us02web.zoom.us/j/83244148913?pwd=b2JqbmlzQ0dBOVJuRjlLMDNRYy9lQT09	646-558-8656
ARCHIVES COMMITTEE	Saturday	4-20-2024	9:00am	In Person		SEPIA Office 1903 South Broad Street 2nd Floor Philadelphia 19148	
INTERPHONES	Wednesday	4-24-2024	7:00 PM	822 1987 3872 (Zoom)	SEPIA	https://us02web.zoom.us/j/82219873872?pwd=UG5VR0lvMHJTRXAvUm5OQXE4Q0tNQT09	646-558-8656
PUBLIC INFORMATION (PI)	Wednesday	4-17-2024	7:00 PM	882 5844 9206 (Zoom)	SEPIA	https://us02web.zoom.us/j/88258449206?pwd=cWIPd2ZSUIIvWHcvbndyeXA4SFAwUT09	646-558-8656
TREATMENT FACILITIES(Hybrid)	Monday	4-15-2024	7:00 PM	881 4239 6509	805478	https://us02web.zoom.us/j/88142396509?pwd=ZU00WmFMWnRjSWt5VXJUQ3NBdExtdz09	646-558-8656
UNITY COMMITTEE	Tuesday	4-16-2024	7:00 PM	896 4619 2235 (Zoom)	SEPIA	https://us02web.zoom.us/j/89646192235?pwd=VTRHdXRnNjNKZmxHZXJPeTltaGZNUT09	646-558-8656
FINANCE	Thursday	4-18-2024	7:00 PM	842 4075 5543 (Zoom)	SEPIA	https://us02web.zoom.us/ij/84240755543?pwd=ejJIZEFMTjIENDR6cHUxVmF1ci9DZz09	646-558-8656
SPECIAL EVENTS	Monday	4-29-2024	7:00 PM	834 2923 8954 (Zoom)	797795	https://us02web.zoom.us/i/83429238954?pwd=c2l2N05jbGFGMFpXQTl5TTdjU0FMUT09	646-558-8656

April 2024



All A.A. members are encouraged to join a committee and help carry the A.A. message.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 CPC Committee 7 PM	2	3 Website Tech 5:30 PM Steering Committee 7 PM (CLOSED)	4 Temporary Contact & Prison Committee 7 PM	5 SEPIA Noon Meeting 12 PM	6
7	8 All Five County Zone Meetings 7 PM (see below for locations)	9 Archives Committee 7 PM	10	11	SEPIA Noon Meeting 12 PM	13
14	15 Treatment & Bridging The Gap Committees 7 PM	16 Unity Committee 7 PM	PI Committee 7 PM	18 Finance Committee 7 PM	19 SEPIA Noon Meeting 12 PM	20 Archives Preservation 9 AM
21	22	23	24 Interphones & HUSSHH Committees 7 PM	25	26 SEPIA Noon Meeting 12 PM	27
28	Special Events Committee 7 PM	30				

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

Chester County (Online): Zoom ID: 816 0449 5799 / Passcode: 266565

<u>Delaware County</u>: Holy Myrrh-Bearer's Ukrainian Church, 900 Fairview Rd, Swarthmore 19081

Montgomery County: Sanctuary United Methodist Church, 1346 East Prospect Ave, North Wales 19454

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

SEPIA March Contributions

Date	Name	Balance
	10 at 11_30 Group	225.00
	211 West Chester	225.00
02/28/2024		15.00
03/11/2024		5.00
	Arcadia Beginners Monday Night	25.00
	Aston Tuesday Night	150.00
02/28/2024		50.00
03/07/2024		100.00
	Breakfast Club	375.10
	Broad Highway	62.40
	Broomall Sunday Night Step	168.00
	Came To Believe -Havertown	100.00
	Daily Reflections	45.00
03/01/2024	Day By Day	44.00
	Design for Living	60.00
03/11/2024	Doyle III J	10.00
03/22/2024	Drexel Hill As Bill Sees It	350.00
03/19/2024	Eleventh Step (Malvern)	350.00
03/14/2024	Exton Women's	75.00
02/28/2024	Fairmount Men's	410.00
03/07/2024	Feasterville Group	154.00
03/01/2024	Feels Like Home	100.00
03/10/2024	First Things First-Online	372.12
03/07/2024	Foglifters	400.00
03/21/2024	Frederick W	5.00
03/07/2024	Get A Life	150.00
02/28/2024	Glenside 614	517.00
03/19/2024	GOYA	150.00
02/28/2024	Grace Women's Step	150.00
03/23/2024	Happy Hour 4th & Pine	150.00
03/22/2024	Honey Brook BB	150.00
03/23/2024	Hope Group - Levittown	25.00
02/28/2024	Hope Group Online	50.00
03/14/2024	Hulmeville Group	94.00
	It Works It Really Does	50.00
	It Works It Really Does	350.00
03/17/2024	·	30.00
03/21/2024		10.00
	Jumpstart Your Day	100.00
	Keep It Simple	50.00
	Kellianne H	5.00
03/01/2024		10.00
	Langhorne Sunrisers	228.90
	Langhorne Sunrisers	330.00
03/05/2024		25.00
	Life or Death	100.00
03/11/2024		10.00
02/28/2024	Ludwigs Corner	475.00

03/23/2024	Malvern Men's	100.00
03/09/2024	Marion W	5.00
02/28/2024	Megan T	198.75
03/22/2024	Merci	600.00
02/28/2024	Message of Hope	11.20
03/07/2024	Mid Week Serenity	350.00
03/04/2024	Mike A	50.0
03/07/2024	Monday's Message	500.00
02/28/2024	Monday Night Lgbtq	117.78
03/14/2024	New Dawn	105.00
02/28/2024	New Life Group	50.0
03/14/2024	Newtown Gratitude	55.0
02/28/2024	Newtown Winners	78.0
02/28/2024	North Wales	550.0
03/01/2024	Oreland Beginners	300.0
03/01/2024		215.5
02/29/2024	Paul C	25.0
03/07/2024	-	10.0
	Pottstown Group	150.0
	Prospect for Sobriety	150.0
	Radnor Sunday Night Step	300.0
	Recovery By The Book	75.0
	Renaissance Group	607.0
	Richland Candlelight	187.2
	Rising Sun Creations	10.0
03/04/2024		25.0
	Roslyn Thursday Nighters	360.0
	Round Up 2024	568.0
03/20/2024		2.0
02/28/2024	•	43.0
	Saturday Morning Surprise Group	500.0
03/07/2024		
02/26/2024		10.0
	Sober & Gay	1,233.5
	Souderton BBSS	50.0
	Steelworkers	100.0
	Step Angels	100.0
	Step Up Group	50.0
	Steps 3-7-11	81.6
	Steps 3-7-11	658.6
	Steps to Freedom Women's	195.0
03/17/2024		200.0
	Thomas L	10.0
	Thorndale Lost & Found	100.0
	Thursday Night Beginners	150.0
	Timothy K	10.0
03/14/2024	Top of the Hill	50.0
02/28/2024	Understanding Fellowship	655.0
02/29/2024	Vernon Park	70.0
02/28/2024	Vlad S	250.0
03/22/2024	Why Me	600.0
02/28/2024	Women's As Bill Sees It	234.0

	TOTAL	18,396.66
03/14/2024	Wyndmoor Wednesday Big Book	25.00
03/22/2024	Women in Sobriety	170.00

SEPIA Financial - Cash Flow Report - February 2024

SEPIA REVENUE

Category	Feb-24	Cumulative 2023- 2024	2023-2024 Budget		
SPECIAL E	EVENTS				
BINGO Revenue			\$10,100		
BINGO Expenses			(\$1,650)		
BINGO Net Revenue	\$0	\$0	\$8,450		
Breakfast Revenue			\$15,500		
Breakfast Expense			(\$9,080)		
Breakfast Net Revenue	\$0	\$0	\$6,420		
Round Up Revenue	\$25,653	\$33,400	\$81,050		
Round up Expenses	(\$2,019)	(\$2,334)	(\$40,025)		
Round Up Net Revenue	\$23,634	\$31,066	\$41,025		
Other Special Events Expenses	-\$14	(\$16)	(\$640)		
TOTAL EVENTS NET REVENUE	\$23,620	\$31,050	\$55,255		
CONTRIB	UTIONS				
AA Groups	\$19,552	\$81,780	\$210,300		
Individual Contributions	\$2,011	\$8,636	\$16,800		
Other Contributions	\$0	\$100			
TOTAL CONTRIBUTIONS (Less Merchant fes)	\$21,480	\$90,242	\$227,100		
LITERATURE					
Literature Sales + Shipping	\$8,839	\$39,065	\$119,460		
Literature Expenses (Includes Inentory Adjust.)	(\$7,855)	(\$30,847)	(\$92,760)		
TOTAL LITERATURE NET REVENUE	\$984	\$8,218	\$26,700		
INTEREST PLUS OTHER INCOME	\$443	\$2,462	\$2,220		
TOTAL REVENUE	\$46,526	\$131,972	\$311,275		

SEPIA EXPENSES

Category	Feb-24	Cumulative	2024
Share a Day	\$0	2024 \$0	Budget ₀₀
Zones	\$0	\$920	\$3,450
Committees	\$984	\$4,212	\$44,720
Travel and Training	\$0	\$0	\$5,000
Office Expenses and Operations	\$7,180	\$37,106	\$91,035
Staff Salary and Benefits	\$13,097	\$55,377	\$181,200
TOTAL EXPENSES (Includes Adjustments)	\$21,231	\$97,589	\$326,005
TOTAL NET REVENUE	\$25,294	\$34,383	(\$14,730)

SEPIA FINANCIAL STATUS February 29, 2024

Current Assets	
Prudent Reserve	\$287,761
Checking, Petty Cash, Paypal	\$58,960
Total Current (Cash) Assets	\$346,721
Other assets including Inventory (Literature)	\$53,545
TOTAL CURRENT ASSETS (February 29, 2024))	\$400,265

^{**} FOR A COPY OF THE FULL FINANCIALS, VISIT THE SERVICE TEAMS TAB, FINANCE SECTION OF AASEPIA.ORG

INTERESTED IN SPONSORING AN AA MEMBER IN PRISON?

WE NEED



YOUR HELP!

The S.E.P.I.A. Prison Committee is investigating/evaluating the creation of a new Prison Sponsorship sub-committee. A.A. members on the outside would be matched with an AA member on the inside who has expressed interest in getting a sponsor and working the 12 steps. A.A. members would be asked to commit to one visit per month (during normal prison visiting hours). Current prison volunteers who take A.A. meeting into the facilities are prohibited from participation.

Inside A.A. members frequently tell our volunteers they're not comfortable sharing their deepest secrets with other alcoholics in prison due to the chance that the information may not remain confidential. The consequences of the wrong information being revealed on the inside can be catastrophic.

The tentative requirements are:

- [Men or Women] with minimum five years of sobriety
- Solid sponsorship experience
- Knowledge & practice of AA's Steps & Traditions
- Willingness to visit the prison at least once a month (usually weekends)

If you are interested in getting involved with this new sub-committee, email us at: prisonsponsorship@aasepia.org

Or attend the next Prison Committee meeting @ 7PM on the first Thursday of the month, via ZOOM ID: 897 4545 6774 Password: SEPIA

!!TELL YOUR FRIENDS, TELL YOUR SPONSEES, TELL YOUR SPONSOR!!

I AM RESPONSIBLE

When anyone, anywhere, reaches out for help, I want the hand of AA always to be there.

And for that: I am responsible.

JOIN US IN EXPLORING THE AA TRADITIONS



ROCK BOTTOM is sponsoring a Workshop on Traditions 10, 11 & 12

> MONDAY, APRIL 1, 2024 6:30pm to 8:00pm (Light refreshments will be served) 2904 Conestoga Road Glenmoore, PA 19343

For more information call or text: Chris B - 484-645-5124

AREA 59 EASTERN PENNSYLVANIA

PRE-CONFERENCE SHARING SESSION

SATURDAY, APRIL 6 10:00 AM - 4:00 PM

REGISTRATION BEGINS AT 9 AM

Reformation Lutheran Church 1215 Vernon Road Philadelphia, PA 19150

Hosted by District 25

Breakfast and lunch will be provided!

No Fees; Funded by Area 59

ALL AA MEMBERS ARE WELCOME AND ENCOURAGED TO ATTEND!

BE INFORMED

Explore agenda items and topics that will go before the voting body of the 74th General Service Conference later this month.

BE INVOLVED

Sharing your thoughts, opinions, and experience is essential for our Delegate to prepare for the General Service Conference.

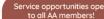
It is up to us to ensure that the AA message is carried forth for future generations who need it.

BE OF SERVICE

General Service Representatives (GSRs) should attend to carry their group's conscience and to keep their homegroup members fully informed.

To receive the agenda items and background information for the 74th General Service Conference, please contact:

- Your General Service Representative (GSR)
 Your District Committee Member (DCM)
 secretary@area59aa.org



VE NEED VOLUNTEERS

ORELAND BEGINNERS

Friday, April 5, 2024 **FOOD, FUN & FELLOWSHIP 6:30 PM** 2 A.A. SPEAKERS 8 PM

See you there!

Christ Lutheran Church 700 E. Pennsylvania Avenue, Oreland, PA

Workshop on running effective meetings & discussing the 4th step

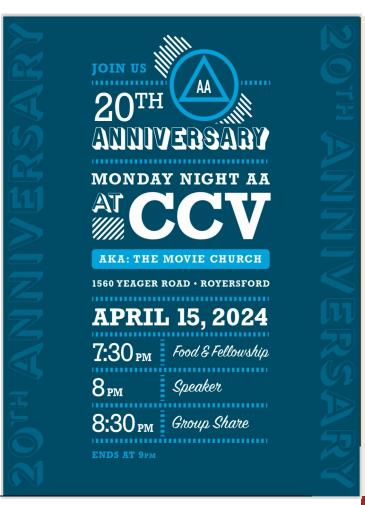
FUN & FELLOWSHIPL

SUNDAY. APRIL 14TH 10AM - 2PM



Marple Presbyterian Church 105 N Sproul Rd., Broomall, PA 19008







Friday Night Fortunates Friday, April 26th

All are encouraged to bring a dish or dessert!

815 Wollaston Road Unionville, Pa 19348

Potluck, Snacks, & Beverages
Provided

Event starts at 5pm Meeting starts at 7pm Fellowship until 9pm



THE WEST OAK LANE GROUP OF ALCOHOLICS ANONYMOUS

INVITES YOU TO ITS



51st ANNIVERSARY CELEBRATION FRIDAY APRIL 26, 2024

AT 7:30 P.M.

IN PERSON AND VIRTUAL

REFORMATION LUTHERN CHURCH VERNON ROAD AND RUGBY STREETS PHILADELPHIA, PA 19150

MEETING ID: 683 571 0660 (No PC)

AA and ALANON SPEAKERS
ALL ARE WELCOME
(Snacks and Drinks will be served)

PENNSCYPAA 35 HOST INVITES YOU TO JOIN OUR TOUS & TRLETT CINCO DE MAYO MEETING, TACO BUFFET & COLLECTION



May 5, 2024 at Bethlehem Baptist Church 712 Penllyn Pike, Spring House PA 19477 Doors open at 3:30pm, Meeting starts at 4pm Tacos & Talent following the meeting

OF LIVE PERFORMANCES

Pre-Register for \$20 Door Price \$25 Get \$5 if under a year sober

Interested in performing? Reach out to us at pennscypaa35host@gmail.com or when you pre-register



2024

Is an election year for your next Area 59 Delegate

Join us to elect a new panel of officers to serve A.A. in Eastern Pennsylvania



Eastern Pennsylvania General Service Assembly

November Wyndham Lancaster Resort & Convention Center 2300 Lincoln Highway East Lancaster, PA 17602

Who attends the EPGSA Convention/Assembly?

All GSRs, ADCMs, DCMs, Area Officers, and Past Delegates, plus any and all interested A.A. members are welcome.

The Home Group should financially support its GSR in attending the Convention/Assembly.

What happens at the Convention/Assembly?

In even-numbered years, we have elections for the Delegate and Area Officers.

In odd-numbered years, we gather for an Assembly at which the Area Officers and Area Committees report on their work to the Assembly.

Each year, we have workshops, dicussion panels and meetings where the voices of the entire area are shared, offering each of us a wider and varied experience of 12th step service work.

What can I get out of this experience?

A renewed sense of purpose and energy to carry A.A.'s message.

A greater understanding of the issues involved and solutions to the problems we face when we are trying to carry the message to alcoholics.

A sense of being a part of Area 59 and A.A. as a whole; sharing in the ongoing efforts to protect our Fellowship and carry our

What do I do afterwards?

GSRs should consider giving a report to their group.

Members can and should share their experience at meetings and among friends.

Why is it important?

This is the only time during the year when we gather, speak, and vote as an Area. The Delegate may take this opportunity to seek guidance from the Assembly on matters concerning the Area or the General Service Conference.

At these Area gatherings we have a rare opportunity to share our concerns and solutions to problems we face in carrying A.A.'s message with a diverse group who can inform us of their experience.



Scan for the most current event details.







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

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



PENNSCYPAA 35 HOST ES YOU TO JOIN OUR

Part Dos on CINCO DE MA



MEETING, TACO BUFFET & COLLECTION OF LIVE PERFORMANCES

> May 5, 2024 at Bethlehem Baptist Church 712 Penllyn Pike, Spring House PA 19477 Doors open at 3:30pm, Meeting starts at 4pm Tacos & Talent following the meeting Pre-Register for \$20 Door Price \$25 Get \$5 if under a year sober

Interested in performing? Reach out to us at pennscypaa35host@gmail.com or when you pre-register Southeastern Pennsylvania Intergroup Association (SEPIA)



Unity Picnic

Sunday, June 23, 2024

(Rain or Shine)

Noon to 5:00PM Open AA Meeting @ 2:00PM



Neshaminy State Park, Pavilion No. 1

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

Food, Fun and Fellowship Kid and Pet friendly

Hamburgers, Hot Dogs, Soda, Water and Coffee Please bring a covered side dish for all to share Swimming Pool (\$12 pool fee per person) / Fishing

For more information contact

Mike Q – Unity Director — <u>unitydirector@aasepia.org</u>
Luke S. – Asst. Unity Director — <u>unityasstdirector@aasepia.org</u>

Driving Directions:

From PHL Exit of the PA Tumpike: After toll, stay to the right to Route 132 (Street Rd. 2nd right). Travel on Street Road for approx. 7 miles over 1-95 to State Rd. which will dead end. Turn left onto State Rd., and go about % mile to park entrance on the right. From 1-95 North: Take 1-95 North to Street Road exit. At the light, make a right onto Street Rd. Follow that to dead end. Turn left onto State Rd., and go about % mile to park entrance on the right.

From 1-95 South: Take 1-95 South to Street Road exit. Make a left onto Street Rd. Follow that to dead end. Turn left onto State Rd., and go about \(\frac{1}{2} \) mile to park entrance on the right.

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