

GaL-AA

GaL-AA Fall Newsletter

Nov/Dec 2016

Our Statement of Inclusion has been updated to embrace everyone in our community:

“GaL-AA (Gays and Lesbians in AA) was established to serve and have the involvement of lesbians, gay men, and others in Alcoholics Anonymous, regardless of how they choose to identify themselves. In selecting the name, careful consideration was given to a variety of combinations. While the name only directly reflects gays and lesbians, we embrace all LGBT+ members of the AA fellowship.”

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“GaL-AA stands for: Gays and Lesbians in Alcoholics Anonymous. Much has changed in the thirty years since we began”

Contact Us

GaL-AA
9450 SW Gemini Dr. #45287
Beaverton, OR 97008

Email us: support@gal-aa.org

Visit us on the web at www.gal-aa.org

Coming soon!

Our technical liaison, Rob F., is hard at work giving our website a fresh coat of paint. With assistance from Jared (who designed the 2015 Atlanta International website) we were able to choose a new design layout for our web presence. This new light-weight design will work incredibly well with a multitude of technology platforms, including mobile, tablets, laptops and desktop browsers.

Sober & Out

In keeping with our mission to support LGBT+ in AA, we will supply the book Sober & Out (LGBT stories from the AA Grapevine) to Hospitals and Institutions (H&I) groups upon request to:

jim@gal-aa.org.

In This Issue

- Highlights from our meetings in NJ/NY
- Sober Holiday Tips!
- Contributions
- Steps 11 & 12
- Traditions 11 & 12
- Upcoming Roundups

Highlights from our October 2016 face-to-face meeting in NJ/NY:

1. Better GSO/Grapevine Contact: We spent one morning touring GSO World Services and AA Grapevine offices in NYC. What an incredible honor to meet with the folks that continue to help deliver a consistent message of Alcoholics Anonymous throughout the world. We met with GSO to discuss a better stream of communication. After speaking with some wonderful people at GSO we will be working to communicate with Area delegates to reach out to LGBT+ members both domestic and internationally.
2. Mission Statement (Statement of Inclusion): We unanimously resolved to change the phrase at bottom left of our homepage to “we embrace all LGBT+ members of the AA fellowship.” The statement will be moved from its current position to the top box with our name and reference to pronunciation.
3. Bi-Monthly Web Updates: we will strive to update materials of general interest every two months/six times a year; three of the updates will be face-to-face actions from annual meetings and election results, respectively.
4. Quarterly Newsletter: this has been going well for 2016 striving to better communicate the message of Alcoholics Anonymous to the LGBT+ community.
5. Design Refresh of Website: progress made throughout the year and moving towards a completely updated and technologically sound design.
6. Loner/Prison Outreach: Working on Sober & Out and we discussed a possible correspondence program.
7. Fiscal Responsibility: we are in a better position financially after Mark J. took over treasury operations four years ago; added additional ways for members to contribute besides PayPal. Included Venmo and Square Cash.
8. Better Open Meeting Info Stream: we did web notices and received three inquiries and requests from two guests to attend (Ernest from NJ and Joe from CA attended part of this meeting).
9. Develop International Committee Policy and Procedures: Members of the committee will draft these while we review the AA/GSO whitepaper on holding conferences/round-ups.

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Sober Holidays. We all know how difficult it can be to stay sober during the Holidays. Here are some ideas to help keep you sober:

- ◇ Remind yourself every single morning how good it feels to be sober (and how great it will feel come January).
- ◇ Keep your expectations realistic, so you don't set yourself up for an emotional letdown.
- ◇ Plan activities other than sitting around and gabbing.
- ◇ Limit the amount of time you spend with relatives who make you crazy.
- ◇ If you're traveling, go to meetings wherever you are.
- ◇ If the holidays mean visiting your old hometown, take time to see old friends you enjoy; avoid those you used to drink or use drugs with.
- ◇ Remember what Recovery Zone you're in.
- ◇ Do a Recovery Zone Recheck before the holidays get started.
- ◇ If you're flying and feeling vulnerable, ask for help.
- ◇ Plan your own celebrations.
- ◇ Take it easy!
- ◇ Don't romance the drink.
- ◇ Be very careful about what you eat and drink.
- ◇ Bring recovery reading when you travel.
- ◇ Make a plan for dealing with cravings.
- ◇ It's okay to tell people you are now in recovery.
- ◇ Make a plan for staying sober at parties.
- ◇ Stay sober at the party: Serve yourself.
- ◇ Stay sober at the party: Bring your own beverage.
- ◇ Stay sober at the party: Don't go it alone.
- ◇ Stay sober at the party: Curb resentment.
- ◇ Stay sober at the party: Be ready to leave.
- ◇ Stay sober at the party: Take inventory the next day.
- ◇ Try not to stress about holiday gifts and expenses.
- ◇ Be ready to return to your regular routine.
- ◇ Stay in touch with sober friends.
- ◇ Find a meeting!
- ◇ Give thanks.
- ◇ Wish others Happy Holidays.
- ◇ Reach out to newcomers.
- ◇ Remember your last drink.
- ◇ Don't get hungry, angry, lonely, or tired.
- ◇ Be sure there is plenty of light in your life.
- ◇ Recite the Serenity Prayer. Often.
- ◇ Go to a meeting.

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GAL-AA
Gay and Lesbians in Alcoholics Anonymous

GaL-AA >Pronounced - Gay-La or ga·la
[gey-luh, gal-uh; especially Brit. gah-luh] Show IPA adjective
Another Name for Gays and Lesbians in Alcoholics Anonymous



Thank you to all who have contributed to GaL-AA throughout the year. We are fully self-supporting through our own contributions.

YTD contributions: \$5,733.86

Thank you for your continued support!

Aug - Oct 2016 Contributions

Date	Contribution	Group
8/14/2016	60.00	Gary C., Royal Oak, MI
8/20/2016	20.00	Kensington, CT Saturday Trinity
8/20/2016	11.71	Rose City Men's Group, Portland, OR
9/1/2016	15.00	Lambda Group of AA, Dallas, TX
9/8/2016	194.64	Ohio Round-Up Steering Committee
9/16/2016	58.00	Patrick O., San Diego, CA
9/19/2016	17.93	Michael H./Group 686614-58-24
9/20/2016	20.00	Doylestown Men's Group, Doylestown, PA
9/22/2016	95.83	Sunny Dunes 5th Tradition, Palm Springs, CA
9/22/2016	36.25	GALIS, Winchester, MA
9/29/2016	30.00	Step by Step, Maplewood, NJ
10/1/2016	119.20	Primary Purpose, Columbia, SC
10/3/2016	15.00	Lambda Group of AA, Dallas, TX
10/3/2016	100.00	Theresa H., Portland, ME
10/4/2016	30.00	Rhode Island LGBT AA, Providence, RI
10/5/2016	17.93	Naples, FL Free 2 Be
10/6/2016	40.00	Lunch Bunch Groups, Portland, OR
10/6/2016	72.50	GALIS, Winchester, MA
10/24/2016	30.00	Friday Night Gay & Lesbian Step Study Group (Dale H.), Lansing, MI

Executive Committee

Chairperson

Denise R.
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Attleboro, MA
DOS: 10/24/1989

Deputy Chair

Carol N.
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Stoneham, MA
DOS: 2/9/1980

Secretary

Mark P.
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Beverly, MA
DOS: 4/21/2005

Treasurer

Mark J.
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Snellville, GA
DOS: 7/5/2005

Advisor I

Jim A.
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Los Angeles, CA
DOS: 9/25/1982

Advisor II

Eric W.
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St. Louis, MO
DOS: 1/4/2005

Advisor III

Pierre B.
pierre@gal-aa.org
Atlanta, GA
DOS: 1/4/1994

Technical Liaison

Rob F.
robfg@gal-aa.org
Columbus, OH
DOS: 12/25/2008

The Steps...

Step 11: Sought through **prayer and meditation** to improve our conscious contact with God **as we understood** Him, praying only for knowledge of His will for us and the **power to carry that out**.

Step 12: Having had a **spiritual awakening** as the result of these steps, we tried to **carry this message** to alcoholics, and to **practice these principles** in all our affairs.



Ga**L**-AA



The Traditions...

Tradition 11: Our public relations policy is based on **attraction rather than promotion**; we need always maintain personal anonymity at the level of press, radio and film.

Tradition 12: Anonymity is the **spiritual foundation** of all our traditions, ever reminding us to place **principles before personalities**.

GAL-AA

Upcoming Roundups around the US and Canada

If you see a roundup missing, please email eric@gal-aa.org with the information..

City	Roundup Name	URL	Start Date	End Date
Houston	Houston Roundup	www.houstonroundup.org	11/24/2016	11/27/2016
Clayton, GA	Winter Awakening	www.winterawakening.org	1/27/2017	1/29/2017
Austin	Austin Roundup	www.austinroundup.com	2/3/2017	2/5/2017
Rehoboth	Spirit by the Sea	www.rehobothroundup.org	2/17/2017	2/19/2017
SEMRO	Southeastern Massachusetts	www.semru.org	2/17/2017	2/20/2017
Honolulu	Aloha Roundup	www.aloharoundup.com	2/24/2017	2/27/2017
Miami	Florida Roundup	www.floridaroundup.org	3/15/2017	3/19/2017
Detroit	Together We Can	www.twc-detroit.com	3/17/2017	3/19/2017
Vancouver	Celebrate Sobriety	www.celebratesobriety.ca	4/14/2017	4/16/2017
Long Island	Fire Island Round Up	www.fireislandru.org	5/11/2017	5/14/2017
Palm Springs	Sober in the Sun	www.soberinthesun.net	5/11/2017	5/14/2017
Los Angeles	AALA	www.aalaroundup.org	5/26/2017	5/29/2017
Dallas	Big D Roundup	www.bigdroundup.com	5/26/2017	5/29/2017

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Visit us on the web at:

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On our website you can:

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