

# GAL-AA

GaL-AA Spring Newsletter

Apr/May/June 2017

## GaL-AA at “Together We Can”, Detroit, MI

The GaL-AA committee had a wonderful time meeting all the fabulous folks in Detroit, made some great connections and started rounding up volunteers for the International AA Convention in 2020.

The executive committee wants to send a special **THANK YOU** to the “Together We Can” committee in Detroit for their generous hospitality in hosting us for the two days prior to the roundup and for all the warm and friendly people we met over the weekend. Besides having our usual face-to-face business meetings, the GaL-AA committee manned a table with information about GaL-AA and signup lists for the 2020 International AA Convention. Denise R. was able to speak briefly on Friday night about our overall purpose and to introduce the rest of the

committee. Saturday afternoon, the GaL-AA committee presented a workshop on GaL-AA and locale activities/formation of a Detroit International ad hoc committee. The response from conference attendees was overwhelming and we had many folks signed up for future interest. Over the next year, we will begin to work with Randall R. who will be our Advisor on the GaL-AA committee to work directly with the Detroit International committee to begin forming sub committees responsible for overseeing all the activities at the 2020 International Convention.

In addition to our recruiting efforts at the roundup, the GaL-AA committee was able to decide on a cost-saving measure. We will reduce our mandatory two face-to-face business meetings each year, to just one. We are also enhancing our meetings database to provide links directly to Intergroup and Area websites with filters to LGBT+ meetings if applicable. This approach will allow us to serve those largest cities around the country that are closest to the meetings to keep them as up-to-date as possible.

Join our mailing list to stay up-to-date on GaL-AA news and events.

**CLICK HERE TO  
CONTRIBUTE**

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### *Statement of Inclusion*

*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.*

## Contact Us

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

Email us: [support@gal-aa.org](mailto:support@gal-aa.org)

Visit us on the web: [www.gal-aa.org](http://www.gal-aa.org)

## In This Issue

- “Together We Can” roundup and GaL-AA committee update.
- Call to newsletter editors
- Fundraising ideas
- Introducing Advisor III
- Contributions
- Steps and Traditions 4, 5 & 6
- Upcoming Roundups

“How dark it is before the dawn! In reality that was the beginning of my last debauch. I was soon to be catapulted into what I like to call the fourth dimension of existence. I was to know happiness, peace, and usefulness, in a way of life that is incredibly more wonderful as time passes.” Bill W.

## Newsletter Editors

We need your help! Are you interested in contributing to the quarterly newsletter? Do you have any AA-related news from your area you would like to share with others around the GaL-AA community? Do you have ideas and suggestions in improving our communications with this rest of the community? Then, please let us know today!

We're looking for other LGBT+ editorial contributors from around the US or abroad that would be interested in helping us compile important news to share with the AA community.

For more information or if you have questions, please email  
Eric W.:

[eric@gal-aa.org](mailto:eric@gal-aa.org)



## 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 A.:

[jim@gal-aa.org](mailto:jim@gal-aa.org)

## Contribute to GaL-AA

We heard your voice and have made available two alternate ways to send your contribution. You can go to the web or download the mobile apps for each Venmo or Square Cash:

**Venmo:** [venmo.com/  
GaLAAContribution](https://venmo.com/GaLAAContribution)

**Square Cash:** [cash.me/  
\\$GaLAAContribution](https://cash.me/$GaLAAContribution)

## GaL-AA Fundraisers

In addition to our regular contributions at the individual, group and area level, GaL-AA needs your help in support to raise additional funds for the International AA Convention. When the committee met in March, we decided to open the ideas up to our membership and community. We are asking you if you'd like to help contribute to GaL-AA by hosting an event of your choice, anywhere around the world. to help support us. Some example ideas include: hosting a party at your house, spaghetti dinner with speaker, drag bingo night, etc. The possibilities are endless!

Let us know your ideas and we'd love to share information about your event with the rest of the community. You can even write up an article and we'll feature it in a future newsletter or on our website. You can email us at:

[Support@gal-aa.org](mailto:Support@gal-aa.org)

**CLICK HERE TO  
CONTRIBUTE**

Or visit us here: <http://gal-aa.org/>

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**“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.”**

## **Introducing our new Advisor III:**

Greetings, my name is Randall and I'm an alcoholic. My sobriety date is April 26, 2002. I am GaL-AA's newest committee member; grateful and humbled to be elected to be of service to you and the group as Advisor III.

This is an exciting time to become involved with GaL-AA. I live in a suburb of Detroit and we are grateful to be hosting the AA world conference in 2020 in Downtown Detroit. When I saw the opportunity to be of service I talked to my sponsorship family and was encouraged to apply for this position. Shortly after being elected, we had our first Skype meeting, then a face-to-face meeting as a committee.

When the committee arrived at our yearly TWC Detroit LGBT recovery conference in March, I was overwhelmed with the excitement from the group for the upcoming AA world conference as well as the ideas to reach the hand of AA to LGBT + members around the globe. We are always thinking how we can be of service while staying in the traditions of the 12 steps. I am confident that the local recovery community will be given the guidance to host a great dance, hospitality suite and amazing leads during that conference.

What brought me to this point?

I was born a shy and quiet child in Dearborn, Michigan. I had a good childhood with a loving home but knew I was different. I began my addiction career as a compulsive over eater but once I found alcohol, it was on. I started drinking occasionally in high school where I finally felt I fit in. Fast forward a few years, I found the Detroit gay clubs where my friends and I rotated the bars nightly.

Blackout drinking and drinking and driving became the normal for me. Where did I go last night? How did I get home? How did I tear up another new car? I think many of us could identify ...

Then came the fancy drugs to help escalate my drinking. This life of eating, drugging and most of all drinking continued until I got sober in 2002.

I had the car accidents, speeding tickets, and hospital visits. It wasn't until I knew I was out of chances and "being sick and tired of being sick and tired," I got sober. I was fortunate that I haven't had to pick up alcohol or drugs since that day in April, 2002.

When I was first trying to get sober I remember calling our local central office to find a meeting. "What kind of meeting are you looking for?" they asked. I went to the meeting closest to my house but I quickly knew I wanted to be with "my people", for lack of a better term. We are so fortunate to have specialty LGBT meetings to go to. They can be such a great place to grow and connect.

I started rotating the different gay meetings around Detroit and found a sponsorship family. I followed the suggestions of my new-found friends. I finally lost the feeling of "less than" that I always felt. I held different service positions and worked the 12 steps. I joined other 12 step groups to get that place of abstinence and balance. The Big Book and AA has given me a design for living to help me in all aspects of my life.

I remember my first gay round up and loved it. I was encouraged to join the TWC conference committee as a way to be of service. I did a few years as a hospitality co-chair. Then after a couple years returned to be a conference co-chair, chairman and the 7<sup>th</sup> board member for the last few years. Being on the committees and board have taught me a lot about the structure of AA and how to work with other alcoholics. The meetings and roundups have helped this shy kid transform into an outgoing man. This is why I was so excited to become a part of GaL-AA; to reach out the hand of AA and to help our LGBT + members around the world.

We can and do make a difference in people's lives every day.

I am responsible.

Randall R.  
Dearborn, MI

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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



## Jan/Feb 2017 Contributions

Date	Contribution	Group/Individual
12/31/2016	251.74	Primary Purpose Gay, Foundry United Methodist,
1/16/2017	33.75	Live and Let Live, Tampa, FL
1/17/2017	50.00	Thomas R, Washington, DC
1/17/2017	100.00	L&LL Upper Montclair, NJ
1/18/2017	51.00	Bell Book and Candle, Atlanta, GA
1/21/2017	10.00	Dayton Downtowners, Dayton, OH
1/21/2017	10.00	That GAAY AA Group, Kettering, OH
1/30/2017	35.00	Zachary M, Ypsilanti, MI
1/31/2017	25.00	R.I. L.G.B.T., Providence, RI
2/1/2017	22.85	Lambda Group of AA, Dallas, TX
2/3/2017	14.50	Step by Step, Maplewood, NJ
2/3/2017	15.00	Lambda Group of AA, Dallas, TX
2/11/2017	80.00	Efrain T, Clearwater, FL
2/13/2017	74.38	Sunny Dunes 5th Tradition, Palm Springs, CA
2/23/2017	10.00	Rose City Men's Group, Portland, OR

AA's GSO has suggested guidance on the 7<sup>th</sup> Tradition and financial matters groups should consider in adhering to the traditions and upholding the concepts for AA service. GSO's guidelines remind groups to consider distributing excess funds for 12-Step work. Naturally, the home group's expenses (rent, literature, coffee/snacks, other supplies) are paid before any distributions outside. The guidance recommends groups consider a plan of distribution (a matter for your group's own conscience) for funds in order to further carry out the 5th Tradition. Many group treasurers are familiar with the percentage plan for sending monies

to GSO, intergroup/central office, district and area. **If your group doesn't already contribute to Gal-AA, ask your group members to consider us as another AA service entity that relies on your support to carry the message. We are grateful to the groups and individuals for their continuous support.** See the website and newsletter for more information on ways to contribute.

Those interested in GSO's guidance may find it here: [http://www.aa.org/assets/en\\_US/mg-15\\_finance.pdf](http://www.aa.org/assets/en_US/mg-15_finance.pdf).

## Executive Committee

### Chairperson

Denise R.  
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DOS: 10/24/1989

### Deputy Chair

Carol N.  
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DOS: 2/9/1980

### Secretary

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DOS: 4/21/2005

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### Advisor I

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DOS: 9/25/1982

### Advisor II

Eric W.  
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DOS: 1/4/2005

### Advisor III

Randall R.  
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Dearborn, MI  
DOS: 4/26/2002

### Technical Liaison

Rob F.  
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Columbus, OH  
DOS: 12/25/2008

# The Steps...

**Step 4:** Made a searching and fearless moral inventory of ourselves.

**Step 5:** Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

**Step 6:** Were entirely ready to have God remove all these defects of character.



**G**a**L**-AA



# The Traditions...

**Tradition 4:** Each group should be autonomous except in matters affecting other groups or A.A. as a whole.

**Tradition 5:** Each group has but one primary purpose—to carry the message to the alcoholic who still suffers.

**Tradition 6:** An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

# GAL-AA

## Upcoming Roundups around the US and Canada

If you see a roundup missing, please email [eric@gal-aa.org](mailto:eric@gal-aa.org) with the information..

City	Roundup Name	Website	Start Date	End Date
San Jose	Sober & Free	<a href="http://soberandfree.org">soberandfree.org</a>	4/7/2017	4/9/2017
Vancouver	Celebrate Sobriety	<a href="http://celebratesobriety.ca">celebratesobriety.ca</a>	4/14/2017	4/16/2017
Long Island	Fire Island Round Up (Long Island Ru Presents)	<a href="http://longislandroundup.org">longislandroundup.org</a>	5/11/2017	5/14/2017
Palm Springs	Sober in the Sun	<a href="http://soberinthesun.net">soberinthesun.net</a>	5/11/2017	5/14/2017
Phoenix	AZ Spring Break	<a href="http://azspringbreak.org">azspringbreak.org</a>	5/19/2017	5/21/2017
Los Angeles	AALA	<a href="http://aalaroundup.org">aalaroundup.org</a>	5/26/2017	5/29/2017
Dallas	Big D Roundup	<a href="http://bigdroundup.com">bigdroundup.com</a>	5/26/2017	5/29/2017
New York	Big Apple Roundup	<a href="http://bigappleroundup.org">bigappleroundup.org</a>	6/23/2017	6/25/2017
San Francisco	Western Roudup Living Sober	<a href="http://livingsober.org">livingsober.org</a>	8/4/2017	8/6/2017
Ohio	Ohio Roundup	<a href="http://ohioroundup.org">ohioroundup.org</a>	8/25/2017	8/27/2017
San Antonio	San Antonio Roundup	<a href="http://sanantonioroundup.com">sanantonioroundup.com</a>	9/1/2017	9/3/2017
San Diego	San Diego Feeling Good	<a href="http://feelinggood.org">feelinggood.org</a>	9/1/2017	9/3/2017
Tacoma	Lakeshore Retreat	<a href="http://lakeshoreretreat.org">lakeshoreretreat.org</a>	10/6/2017	10/8/2017
Toronto	Toronto Gratitude	<a href="http://torontogratitude.org">torontogratitude.org</a>	10/6/2017	10/8/2017
Phoenix	Renewal In the Desert	<a href="http://renewalinthedesert.org">renewalinthedesert.org</a>	10/13/2017	10/15/2017
Provincetown	Serenity by the Sea	<a href="http://provincetownroundup.org">provincetownroundup.org</a>	10/18/2017	10/22/2017

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