

General Service Association of ABA  
Self-Support Committee Meeting  
March 2, 2023 at 8:30 pm EST

**PRESENT:**

Jessa, Caren, Dawn, Laura and Harvey

Meeting called to order at 8:35 pm EDT by Dawn with the "WE" version of the Serenity Prayer

Dawn explained to Laura and Harvey what our Committee is about - specifically the ensure the viability of ABA

**Dawn to send Laura and Harvey a copy of our Terms of Reference**

**AGENDA**

1. 2022 - A Year in Review for the AGM Report
  - Workshops
  - Newsletter
2. 2023 Goals

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**2022 - A YEAR IN REVIEW**

**WORKSHOPS:**

Service Workshop - February 27, 2022

- In collaboration with members of the GSR Committee
- Number of participants and amount of donations unknown

Sponsorship Workshop - June 5, 2022

- 37 participants
- Amount of donations unknown

Meal Support Workshop - November 20, 2022

- 47 participants
- \$830 in donations

**FOR FUTURE WORKSHOPS WE NEED TO TAKE OUT WHERE IT STATES A "SUGGESTED" DONATION OF \$5.00 ON THE WEBSITE AT REGISTRATION AND LEAVE IT "OPEN"**

**NEWSLETTER:**

- Expanded from 2 pages to 10 pages over the year
- Have created a monthly theme
- Have a monthly story now
- Have had a couple of ABA members support the Committee by doing the graphics
- There is now a specific section on the website where the Newsletter is available to download - it is more user-friendly to download

## **2023 GOALS**

### **Possible Workshops**

1. Traditions
2. Willingness To Go To Any Lengths - Shelby has already agreed to be a speaker
3. Committing to ABA - "Make A Decision"
  - a. How to motivate members to commit through
    - i. Business meetings
    - ii. Being a GSR
    - iii. Go to GSA meetings
  - b. What does it mean to be a homegroup member
4. Concepts
5. Meditation - "Creative Ways of Conscious Contact"
6. Tools
7. Perfectionism
8. Drug of Control
  - a. Beyond the Iceberg
  - b. Melting the Iceberg
9. Letting Go
10. Discovering the Joy of Recovery
  - a. Promises
  - b. What do people do with their time in recovery

### **Non-Workshops**

11. Step Study (not as a workshop)
12. Newcomer Orientation - monthly
  - a. Laura and Harvey would like to run this
13. Sponsorship co-ordination/list

### **What are we going to hand off to the Retreat Committee?**

**Caren to write up the report for the Board Meeting**

**Jessa to attend the Board Meeting on March 19, 2023 at 12:00 pm EST**

Meeting closed at 9:35 pm EST

**Next meeting is Thursday April 6, 2023 at 8:00 pm EST**

**Zoom ID: 386 813 6898**

**Passcode: 866994**