

SELF SUPPORT COMMITTEE REPORT FOR 2024 AGM

March 2024 | Committee members Caren and Dawn A. And a member who wishes to remain anonymous. Submitted by Jessa

In 2023 our committee has been at its most active, putting on more events than ever before and broadening the scope of our newsletter. Our committee helped raise over \$2000.00 through the efforts in our newsletter and workshops.

First off, we want to thank 2 of our members Simone and Torrey who came forward to help coordinate ABA's 30th Birthday party and Stephanie of the GSR who came out to attend our meeting. We also are grateful for the support of the website committee and the GSA as we refined the newsletter process. We are also thankful to our membership who have answered the call to support both the Polish and Hebrew translation efforts.

We started the year off with a party celebrating our 30th anniversary. The February event was well attended with over 50 people coming out. We had 42 people register and raised \$474.00. We started off in worldwide allegiance with a touching demonstration of having our preamble read in 6 beautiful languages, followed by a 12-Step themed scavenger hunt. We also had Joan elaborate on the history of ABA and gave the members an opportunity to ask questions. Our closure was a heart-warming sharing on our gratitude for 30 years of ABA.

Our second event, Any Lengths, was held in June with 20 attendees but 55 participants registered. The amount raised was \$612.00 CDN. We have evolved our workshop's format to make it more interactive. We had only one main speaker as we wish to have more space for a Q and A period and asking already prepared participant questions.

Our last event of the year was entitled Feeling our Way to Healing. This workshop had a focus as a fundraiser for the Hebrew 2nd edition translation. Our most interactive workshop to date allowed participants to get creative and express themselves. We had a speaker share briefly then opened the floor up for our members to share how they use creativity to heal. We then asked the members to take a 15-minute creative time and upon return, folks shared further inspiration. We closed with our usual Q & A period. We had 19 in attendance and amounts raised were lower than expected with a little over \$200.00 raised, which was split 50/50 with the GSA. There were likely several factors involved, one being that our four-month newsletter campaign for the Hebrew translation helped to raise an additional \$1000.00 from our generous donors, as well as the proximity to the retreat in September. The other was the creation of a \$30 sliding scale limit. Although it created easy access it deterred some members from donating more.

The newsletter has been a labour of love, now being delivered to over 400 individuals. In just 2 years the readership has more than tripled. What started out as a 2-pager has now expanded to well over 10 pages. We have worked very closely with the GSA and the website committee improving the process monthly. Each issue has a different theme starting with an introduction. We include inspiring stories, events, birthdays, and any updates from our Board, the GSR Committee and 6 other committees. We also want to highlight any special events and have created an icon for the website that appears as an overlay on the first page. We have been gratified to hear how much our membership has been enjoying it. We were touched to hear how creative our members have been, in utilizing the content e.g. using the introduction as a topic for meetings, and the GSR sourcing and distributing relevant sections of the newsletter. We have been broadening our scope to seek out international members beyond North America to contribute both their stories and speak at our workshops. Our challenge has been in the timing with the board meetings held on the 3rd sunday we only sometimes have a week to organize all the information and get it to Kheri before the 1st of the month. We wonder about an options around this???

Our focus this year is to continue to grow our collaboration within the various inter service arms. We will steward 1-2 events this year, with the 1st in the spring/early summer and the 2nd in the late fall, if not in conflict with other events. Our workshop theme for the spring will be a collaborative effort with the GSR on the theme of The Unique Nature of ABA.

On the newsletter front we wish to continue to create an engaging and informative newsletter that will improve communication and support greater unity within our fellowship. The GSR has requested the format to be accessible for copying so they can more easily relay information. In collaboration with the website committee we are working on creating the two different formats. This year we hope to add something to the subject line to alert our readers to any special events. Our hope is to engage more members from around the world to participate by submitting their stories and speaking and participating in the workshops.