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## What is The Inter-Com?

The Inter-Com is our newsletter, by us and for us. The newsletter is for the exclusive use of A.A. members who wish to exchange information about Public Information (PI) and Cooperation with the Professional Community (CPC) work within Area 79. The Inter-Com is a Quarterly publication - January, April, July and October.

## HOW TO CONTRIBUTE TO THE INTER-COM

Sharing experience, strength and hope within our Area.

It's as easy as 1 2 3

1. Email your story, submission, and/or question to: [publicinformation@bcyukonaa.org](mailto:publicinformation@bcyukonaa.org)
2. Please identify yourself by first name and last initial only, in keeping with our tradition of anonymity.
3. Please identify your contribution to the Inter-Com with District number, and a brief review of where your district is within BC/Yukon

Your suggestions/comments/input are not only needed but are also greatly appreciated.

**Please have your submissions for January 2015 Inter-Com in by Dec 15, 2015**

*This issue focuses on Anonymity with input from AA members. Please share (and pass along) this issue of the Inter-Com with your District, Group, all your AA friends and especially your PI and CPC Committees. We are publishing this newsletter as a forum for all of us to share our experience, strength and hope as it relates to PI and CPC - what a great opportunity to share what works, new ideas, and even what doesn't work!*

***Special thank you to ALL October Voting Assembly attendees for your submissions!***

*In Gratitude,*

*Cyndi V; Public Information Committee Chair    Jeff C; Cooperation with the Professional  
Panel 65, Area 79 BC/Yukon    Community Committee Chair  
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# ANONYMITY

At the October 2015 Voting Assembly the PI and CPC Committee Meeting Attendees were asked for input to the Inter-Com  
The following are their submissions:

At the Public Information Meeting the attendees were asked:  
What did you learn today ? What would you want to share with members?

Our main discussion topic was social media and anonymity

*I learned today; through the group, was just because I am very open with my anonymity, and can openly talk about my own personal recovery, I need to remember AA as a whole and respect the traditions, and one of the most important, Anonymity and the principle behind it — Kelly —District 40*

*I learned to stress the importance of anonymity on the level of internet in particular. To also provide education to perhaps the uninformed or new AA member in regards to anonymity and its spiritual importance to our Fellowship.*

*Interesting about Anonymity. I don't post anything (on the internet) about AA but I don't care who knows I am in AA. This was eye opening about anonymity.*

*I learned to keep my posts in line with our traditions. Keep it off facebook and other forms of social media.*

*Spiritual aspect of anonymity — not bragging. We grow in humility if we do not give into the temptation to break our anonymity to feed our egos.*

*Respect Alcoholics Anonymous! Err on the side of caution when it comes to putting things in a public domain - Please! Host workshops in your districts to help inform.*

An understanding of anonymity in A.A.  
is the first prerequisite for being effective  
in public information—PI Workbook

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As with my own sobriety what I continually discover is that I need to go back to the basics. The steps, the Big Book, what has been laid out by our founders. To keep it simple, to question my motives, to not act before thinking or better yet putting it out to another alcoholic. Breaking anonymity in social media is something we all need to examine and beware of. Not only our own, but above all the newcomer. Be informed, the more I learn the less I know....



The boundary between breaking anonymity online. What is the boundary? Do we use "helping the still suffering alcoholic" as a justification to break our anonymity and also putting others in harm of breaking their own. Out of respect for our traditions and principles in the program. We need to learn about what anonymity really means to ourselves and what it means to A.A. as a whole. The main question is are we serving ourselves or am I serving others and AA as a whole.

- \* Spiritual aspect of anonymity
- \* Information, Information, Information
- \* Connection between humility, spirituality and anonymity
- \* Solutions to anonymity being broken
- \* Love and tolerance



(Need:) Public Information workshop on breaking your anonymity on the Internet/ Facebook. Putting any post on facebook slightly referring to AA whether it's just "got my 6 year cake", "I love this program of sobriety" or "I was approached by an intoxicated person who needed help and I took him to a meeting". These comments open up a can of worms so those comments that follow increase the breaking of anonymity to those friends who are in the program. —Jim R



Keep hammering away at the social media/anonymity issue because it's growth is expediential. Anonymity = humility and spirituality. There are dangers with social media regarding anonymity.



Ensure PSAs are in your local media publications:) Newspaper, magazines etc. These reach the public on a broad level —radio, billboards, print work!



I really enjoy learning more about Public Information —there is so much to talk about and I like to listen to everyone's opinions —Nedra Lee P DCM District 50

**INFORMATION! INFORMATION! INFORMATION!**

We need, as Public Information representatives, to inform the public what AA is and is not. Anonymity and social media is a hot topic but informing the fellowship of the traditions.

Once we know something, we become responsible to ourselves and AA and God to uphold our precious principles of Anonymity —Clyde F —DCM District 5

## At the Cooperation with the Professional Community (CPC) Committee Meeting the attendees summarized:

### Things that helped us come to AA — can you relate?

- ⇒ *One on ones with an addiction counsellor*
- ⇒ *AA Public Service Announcements*
- ⇒ *Getting a break from law enforcement*
- ⇒ *Interventions with a professional/family*
- ⇒ *Employee assistance programs*

### *What worked for you?*

*(send your submission to the Inter-Com)*

### Some things that didn't work so well:

- ⇒ *Doctor's advice*
- ⇒ *Doctor's warnings*
- ⇒ *Legal pressures*
- ⇒ *Threats from law enforcement*
- ⇒ *Family pressures*

### *What didn't work for you?*

*(send your submission to the Inter-Com)*

*"We are sure that humility, expressed by anonymity, is the greatest safeguard that Alcoholics Anonymous can ever have" Twelve Steps and Twelve Traditions pg 187*

#### **Bill's Last Message:**

*"Anonymity has two attributes essential to our individual and collective survival; the **spiritual** and the **practical**"*

*"On the spiritual level, anonymity demands the greatest discipline of which we are capable; on the practical level anonymity has brought protection for the newcomer, respect and support of the world outside, and security from those of us who would use A.A. for sick and selfish purposes"*

From the pamphlet "**How AA Members Cooperate with Professionals**": "... the different committees overlap, and local circumstances usually determine who does what."

**What is the purpose of area or local C.P.C. committees?** Members of these committees inform professionals about A.A.— where we are, what we can do, and what we cannot do. An attempt is made to establish better cooperation between A.A.s and professionals in the field.

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