

THE INTER-COM

AREA 79 PI & CPC Quarterly Newsletter for January 2018

Whats in this issue?

CPC Booth @
BCCFP

Bus Ads, Kijiji &
Craigslist?

Resources to
help!

Your
submissions!

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What is The Inter-Com?

Inter-Com is our newsletter, by us 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 - Winter, Spring, Summer and Fall.

It is a fantastic opportunity for Districts, specifically PI and CPC Committees to share experience, strength and hope - new ways to reach the public and cooperate with the professional community - how and what you're doing in your district.

BC College of Family Physicians' 2017 Fall Family Medicine Conference

I attended the BC College of family Physicians Conference October 28 & 29, 2017 which was attended by 300 family physicians 48 of which we able to have conversations with about AA. As per the Guidelines we focused our information around 1) who we are 2) where we are 3) what we do and 4) what we don't do, provided literature and had some interesting conversations. A couple of the doctors indicated that they had multiple years of sobriety as a result of AA's spiritual principals and although given their anonymity concerns they didn't belong to registered Groups they did meet with other professionals in private homes on a regular basis. One of the highlights for me was the wonderful participation for the local Districts. The 2 hour time slots that I had laid out were filled with representatives from different Districts most of which were involved with CPC in their Districts. The BCCFP will not be organizing a spring event and will only have 1 conference in the fall of 2018. Yours in love and service, Steve C., Area 79, Panel 67 CPC Chair

Greetings from District 5 & 7 (Lantzville to Ladysmith on Vancouver Island).

I would like to share two things that myself and my committee have worked on over the last couple months.

First, we advertised AA on Nanaimo Craigslist and Kijiji. These advertisements are free and are posted for 30-45 days and then re-posted. I posted these ads in the Groups tab on Craigslist, under the Community section, as well as in the Therapeutic tab under the Services section. On Kijiji I posted in the Activities & Groups tab under the Community section, and also in the Services other section under the Services section. The ads I posted are very simple. The title of the ad is "Is drinking affection your life?" and then once the user clicks on the title it brings him/her to the ad which says "We're here to help. Please visit nanaimoaa.org for more information or call us at [250-753-7513](tel:250-753-7513). For meeting times in the Central Island area please visit nanaimoaa.org/find-an-aa-meeting/" I also put our Central Office address in both ads. These are completely free! If there's a Craigslist, Kijiji, etc. within your district I encourage you to post something.

Second, one of our committee members works at the Regional District of Nanaimo, which operates several different Nanaimo services including transit. She was curious as to whether AA could post an advertisement in the buses so she asked the person in charge of advertising whether we could post something and he said we could post something at no cost. We were extremely excited about this but we had to investigate further whether we (AA) was being given special treatment or whether this was a normal occurrence. After talking to the Supervisor at the Regional District we were informed that they have given this same advertising space for free to other non-profits, charities, etc. that asked. So, we created a simple ad ourselves and it will be on city buses that run from Lantzville to Ladysmith this month. The advertisement in the buses will be on paper and posted at the front of bus behind the driver's seat. In the next Intercom I will have a picture of the ad on the buses.

For any questions, comments, etc. please don't hesitate to email me: Nanaimoaa.publicinformation@shaw.ca

Best, Candice H.

RESOURCES AVAILABLE TO US ALL...

Sample Newspaper Announcements

Some committees place small, paid announcements in local newspapers. In case you need to buy space, here are some suggested announcements:

If you want to drink, that's your business.

If you want to stop, that's ours.

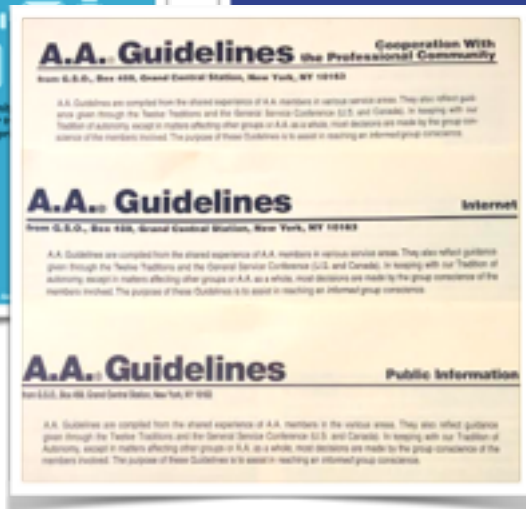
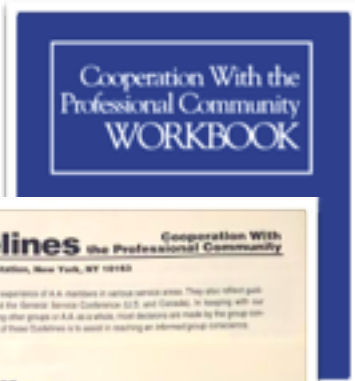
Call Alcoholics Anonymous (address and telephone)

If you want to drink, that's your business.

If you want to stop, we can help.
Call Alcoholics Anonymous (telephone)

Have you sometimes wished you could spend a holiday sober?

Call Alcoholics Anonymous (telephone)



There are so many resources available to all of us. Committees can review this Workbooks and Guidelines together at their committee meetings or any member and study them for their own information.



Abbotsford District #39

Our second annual luncheon for the professionals had close to 100 people from the areas of medicine, education, treatment, government and social services in attendance. The event was a tremendous success.

Many signed up to receive our "About A.A. Newsletter" and we are tasked to put together presentations for nurses at both our general hospital and students at our university. We will be furthering our working relationship with treatment centres, police departments, parole offices and our colleges.

Our members were excited to work with our area CPC chair Steve C. at the spring and fall BC College of Family Physicians Medical Conferences.

Public Information continued to put on presentations at secondary schools.

With the help of the CPC/PI chairs from Area and GSO we look forward to increasing our PSA activity with radio stations, television and print media.

It was a busy year for our CPC/PI committees in Abbotsford and we look for more of the same in 2018.

Yours in service,

Jim Rolston

CPC Chair cpc@abbotsfordaa.org

Michael Johnson

PI Chair pi@abbotsfordaa.org

If we could add that any district CPC/PI committee that would like the templates and suggestions on how to put on their own luncheon we would be pleased to forward that to them.
In love of service
Jim R

Vancouver Intergroup

PUBLIC INFORMATION NEWSLETTER

Exciting news about Public Information in your backyard!

The program Alcoholics Anonymous is about unity, and this is the backbone of what Intergroup and all the active Public Information (PI) and Cooperations with the Professional Community (CPC) have done over the last few months. Back in August Intergroup started a new concept - to reach out to all the active PI committees and come together to share and help one another out on a monthly basis. We've started an online monthly meeting where either the public information chair or liaison join in on Google Hangouts, and we have a 30 minute online meeting. Mike N., GVIS Chairperson: PI @ AA Central Office, Vancouver

How To Make Submissions to the Inter-Com

We would love to hear from PI and CPC Committees with what is working, what is not working—looking for shared experience. 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 or cpc@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 and please specify if your committee is PI, CPC, or PI/CPC.

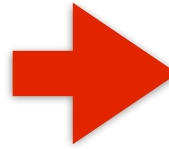
Remember that this current edition as well as all archived editions are now on the Public Side of our Area 79 Website under the NEWS tab for your reading pleasure

Living and Learning in District 71

My name is Shari C. and I am an alcoholic in the combined PI/CPC committee in District 71 (Kelowna, Lake Country, West Kelowna, and Peachland). Our committee is gearing up for a new year in "carrying the message to the still suffering alcoholic". At present there are 4 active committee members with intermittent input from 2 others. We would love to have a larger District 71 CPC/PI committee. Service in this important and interesting work will benefit the individual member's sobriety and AA as a whole. Anyone interested please Email this publication or publicinfoaakelowna@gmail.com. Here are some of the things we've been doing since the last newsletter.

- Gave a presentation at the September 2017 Round Up about the function of a CPC/PI committee with a focus on Tradition 12: Anonymity is the spiritual foundation all our traditions, ever reminding us to place principles before personalities. We demonstrated how we have learned to protect audience member's anonymity while writing questions on paper. This is done by giving each audience member a scrap paper and pen and instructing them to either write a question OR DRAW A PICTURE (we suggested of an animal). The papers are then collected and nobody is singled out by whether or not they put pen to paper. The committee then proceeds to read and answer questions anonymously.
- Prepared and distributed to members further " Adopt A Doc" folders (containing relevant pamphlets and CPC/PI contact card) to distribute to their own doctors.
- Put up more AA posters (see October 2017 Intercom) with tear off tabs with AA phone number.
- Held a Mock Meeting at a local Synagogue. One of our members was approached by the Rabbi who wished to learn about AA. Our committee researched potential avenues of presentation and settled on the Mock Meeting as described in the BOX 459 Winter 2016 Issue. We had 6 AA members sit with the Rabbi and run a typical AA meeting (we shared from our hearts). At the end the Rabbi shared his thoughts and observations. Upon reflection the committee's experience was positive, and ultimately led to a discussion about open/closed meetings. We plan to discuss further the possibility of getting away from the label " Mock Meeting" as our experience was more like an open meeting than a "Mock".
- Held a free CPC/PI workshop entitled Speaking to the Public in Non AA Settings. We performed short skits on how to and how not to speak to the public, specifically when asking to put AA posters up in the community. Each committee member shared information with the group on the Twelve Traditions as they relate to presenting AA to the public.
- Made connections with UBCO Health and Wellness Clinician, Central Okanagan Divisions of Family Practice and UBCO medical school. Our committee is working on plans to formally present CPC/PI materials and/or presentations to these groups.
- Lastly I would like to point out a significant learning (born out of a mistake) for our committee this winter. One of our committee members put in lot of much appreciated time and effort into purchasing and designing an add for AA on a local On-Line Newspaper. This project and budget was brought to our District table and approved. Just as the add was to launch, the Newspaper informed us that they wished to upgrade the add to a more prominent position in their publication, free of charge. Our committee was moved and excited by this offer and accepted. Eventually some of AA's most experienced members, when they learned of this " gift", pointed out that this was a break in Tradition 7. This was then discussed further at the District level, most members agreeing a mistake was made. As a committee, we are now even more determined to do this excellent work with utmost attention to all of AA's 12 Traditions!

Happy New Year, in love and tolerance, Shari C. CPC/PI



Wondering how to write a Guide Letter?

Samples can be found on pages 33-40 in your PI Workbook

Guide Letters

For many Public Information committees (and C.P.C. and other committees), contact with the professional whose work may be involved with the active alcoholic is made by letter and a follow-up visit. In this section you will find sample letters used by Public Information committees. The most effective letters and phone calls include some or all of the following elements:

Information About A.A.—Phrases from the Preamble can be quoted, or a few sentences can describe what A.A. is and what it can and cannot do. Many letters enclose literature, such as "A.A. at a Glance," "Information on Alcoholics Anonymous," "If You are a Professional," and "A.A. in Your Community."

A Request to Cooperate With the Professional—An A.A. contact can be suggested, giving the local Public Information Committee mailing address, or that of an intergroup or central office. (Many letters explain that A.A. members are available and interested in helping to come and talk about A.A., put on a public A.A. meeting, provide literature, and so on.)

Information About the Traditions, Making Clear What A.A. Does and Does Not Do—Clarification of the Traditions is important, particularly those that relate to non affiliation and anonymity.

Reminder: The following material is presented as a guide only. These letters are just samples intended to give you a "jumping-off" point; they may be modified to suit the needs of your own area. Guide Letters are also available from G.S.O. electronically upon request. E-mail publicinfo@aa.org.

Reflections on Anonymity from the Twelve Steps and Twelve Traditions

- We need always maintain personal anonymity at the level of press, radio and films.
- Anonymity to this extent is actually the practice of genuine humility.
- Even within the Fellowship every member's name and story needs to be confidential if the member so wishes it.
- Our public relations policy is based on attraction not promotion.
- As a Fellowship, we wish to publicize our principles and our work but not individual members.
- To us the Tradition of anonymity is far more than a sound public relations policy. It is more a denial of self-seeking.
- This Tradition of anonymity is a constant and practical reminder that personal ambition has no place in A.A.
- The spiritual substance of anonymity is sacrifice.
- Moved by the spirit of anonymity, we try to give up our natural desires for personal distinction both among fellow alcoholics and before the general public.
- We are sure that humility, expressed by anonymity, is the greatest safeguard that Alcoholic Anonymous can ever have.

Bibliography

A.A. Comes of Age
"A.A. Tradition - How it Developed"
Best of Grapevine, Vol 1
The Language of the Heart
Twelve Steps and Twelve Traditions
"Understanding Anonymity"



Page 31 of PI Workbook

Disclaimer: Articles are not intended to be statements of AA policy, nor does publication of any article imply endorsement by either AA or BC/Yukon Area.