

History of the **Experience, Strength, and Hope** group of AA

During the fall of 2012, several members (6-8) of AA in Red Bluff, CA decided to have a mid-morning open meeting that was based on the 12 Traditions and would facilitate recovery in a quiet, cohesive, encouraging environment. We sent three letters to different churches requesting the possibility of a meeting location.

One did not respond at all, a second said they did not have room, and the third welcomed us with open arms. We are so very grateful that the Highpoint Assembly of God on Luther Rd. in Red Bluff values recovery, had other recovery programs in place, and truly supports the concept of Alcoholics Anonymous. They welcomed the idea of an AA meeting at their location and though they did not have space for us on Friday, offered us a meeting room, at 10:00 a.m., Monday through Thursday. They did not want to charge us "rent", but in our premise of "every AA group being self-supporting through our own contributions" gladly accepted the usual donation of \$5.00/mtg. toward their "building fund".

Our first meeting was on January 28, 2013. We devoted the first six Mondays to "Business Meetings" deciding the format of meetings and determining the protocol we wanted to follow. Our decisions were based on a "group conscience" with minority opinions expressed and considered. After the first six weeks our Business Meetings are conducted on the first Monday of the month at 11:15a.m. We decided that our meetings would be based on the following formats:

| | |
|------------|------------------------|
| Monday: | <u>12 and 12</u> |
| Tuesday: | <u>As Bill Sees It</u> |
| Wednesday: | Big Book Study |
| Thursday: | Grapevine |

We spent a long time determining our name. We had many, many suggestions narrowed down to a final few. However, on the final voting day, we had a young man visiting from the mid-west, who said, "You know, we gain **experience** from the old-timers, **strength** from the group, and give **hope** to the newcomers." That seemed to seal our purpose, and became, by an overwhelming vote, the name for our group. We set our service positions and determined the length of service and the length of sobriety required for each position. We decided the percentages of our "split" to the four groups under us. We decided the last Thursday of the month would be a birthday/chip meeting.

Even during Covid, when Highpoint was closed, we found an alternate venue to keep the meetings open. We are a small group: our largest meeting so far had 23 participants, our smallest had 2, and we are now averaging 15-16. The coffee continues to be made, and we have great shares. We have strong, supportive meetings, are able to meet expenses to keep functioning, and have been able to make donations to the entities below us. We are not only "hangin' in there", but are growing.

Recovery is alive and well at Highpoint Assembly, Mon. - Thurs. in Red Bluff, CA. Please, come join us to share in our **Experience, Strength, and Hope**.

Updated January 2023

December 4, 2012

To: Pastor David Blythe and the Bethel Temple Board of Directors
From: several Red Bluff AA members

Dear Sirs,

We are a group of recovering alcoholics who are extremely serious about maintaining our sobriety and continuing our personal growth in the 12-Step Recovery Program of Alcoholics Anonymous. We follow the 12 Steps and 12 Traditions started by Bill W. and Dr. Bob in 1935. The enclosed pamphlet, "The A.A. Group", should answer all questions you might have about our program; the preamble inside the front cover explains our mission.

We are interested in starting a new AA group at 10:00 a.m. Monday - Friday and would love to have a room within your church for this meeting. Most of us are currently attending a meeting at 9:00 a.m. weekdays, but that group is having problems. There is a conflict of interest that is interfering with our recovery. Our intention is to start a new weekday morning group that will positively enhance the growth that we are making and encourage recovery for all.

The current meetings are based on the discussion of AA literature; four days are from the Daily Reflections and one day is a Book Study of the "Big Book" of Alcoholics Anonymous. The new group will have to decide whether to keep that format or expand the base; meetings elsewhere are based on a variety of AA approved literature beyond the two mentioned, and some groups include a meditation meeting. Whatever specific format the new group chooses, all meetings will strictly follow the 12 Traditions of Alcoholics Anonymous, pgs. 41-43 in the enclosed pamphlet.

You will notice that according to Tradition 7 every AA group ought to be self-supporting, and we fully intend to be. We would be interested in negotiating a rent/donation that would be fair to both parties and will cover expenses, water, electricity, etc. We will furnish all of our own supplies.

The number of participants can only be estimated; currently we know of 10 - 12 who would attend this new meeting. However, attendance does vary from day to day, and if the meeting is positive and successful, the attendance could grow.

We hope that you will seriously consider providing the location for our new 10:00 weekday meeting. We gain tremendous support and encouragement from our interaction with each other and are working hard to help each other maintain our common goal of staying sober and helping other alcoholics to achieve sobriety.

Thank you for your consideration of this request.

Sincerely,

Alecia W. Sandee R. Kay F. Janet S. ; et. al.

1/28/13 1st Mtg. (Organizational)

silence

Considerations to be Voted On for our New Group

Name: _____

Some suggestions have been "The Good Morning Group"; "Morning Reflections" "Morning Matters" or Mornings Matter", "Morning Recovery", "Morning Encouragement", "Daily Reprieve", "Weekday Sanity", "Fresh Start", "Recovery Happens", "Recovery Hope", "Morning Hope", "The Easier, Softer Way", "Experience, Strength and Hope".... Add your suggestions, we'll narrow the field, and vote! *Living the Dream, Grateful Traditions*

Time: 10:00 - 11:00 a.m. Mon. - Thurs.

What type meetings: M _____ T _____ W _____ Th _____

Some suggestions have been the Daily Reflections, Big Book Study, 12 X 12, Steps/Traditions/ Concepts, As Bill Sees It, Meditation, Living Sober, Came to Believe, Grapevine Or ???

Business Meeting: 1st week of the month 11:15 a.m. M __, T __, W __, Th __

how often? a meeting time or bus. mtg.

Service Positions:

Need 4 Secretaries: M _____ T Janet W Kay Th John

Business Meeting Positions:

Chairperson/ Secretary _____

Moderator: Bobbie (Mod)

Recording Secretary _____

T-W-Th _____

Treasurer _____

Intergroup Rep. _____

G.S.R. _____

Alternate GSR: _____

Supply _____

H & I _____

Literature _____

Other set up 9:30 _____

Grapevine _____

clean up 11:00 _____

Questions to Answer:

Sobriety requirement (suggested?) for all of the above positions?

Secretary Guidelines

How do we honor birthdays?

Open - Closed

Chips?

How do we handle kids?

Format our opening:

Welcoming statement, readings, introduction by names, announcements (smoking, Bus. Mtg.), 7th Trad., court cards, visitors, new to AA, cell phones, literature and ???

Format our closing:

Thanks, welcome, reminder confidentiality, clean up, closing statement/prayer and ???

Other animals
Open - Closed

Handle being drunk
List resources

Other Considerations???

\$30 - \$40 - group binder

Alcoholics Anonymus
New Group
2nd Meeting
Monday, February 4, 2013 10:00am
Bethel Assembly of God
Luther Road
Red Bluff, CA

Attended by: Kay, Linda, Sandee, Char, Craig, John, Sally, Darrell, Bobbie, Don, Ron, Jackie, Ty, Milton, Bill, Red, Bonnie, Dave, Chris

I. Open meeting

A. Four Readings

II. Discussions

A. Name of new group

1. Suggestions given

- a. Char: how important is name
- b. Ron: what is our mission
- c. Milton: what it means to other people - new comers; stay focused; what is our primary purpose; narrow down list

2. Three names to be voted on

- a. "Experience, Strength & Hope" 7
- b. "Daily Reprieve" 6
- c. "Grateful Traditions" 5

B. Type of meetings

- a. Kay: Big Book Study one day per week; we will go through to 'Dr. Bob's Nightmare' and then go back and start
*This was voted on and passed by majority rule
- b. Grapevine meeting on Thursday
- c. Daily Reflections
- d. As Bill Sees It; next week, Ron will chair this meeting
- e. Bill: Daily Reflections are talked about too much
- f. Kay: Monday of next week; we will continue with general group discussions

III. Close

A. "Our Father" prayer

Minutes taken by Sally

Feb. 28, 2013

To: Pastor David Blythe, the Bethel Assembly Board of Directors, and Pam
From: the **Experience, Strength & Hope** group of Alcoholics Anonymous

Greetings to all!

The **Experience, Strength & Hope** group of recovering alcoholics would like to express our sincere thanks for the warm welcome we have received from all of you.

We have had a great beginning. Our group seems to be thriving and has developed a real sense of camaraderie. We absolutely love our location! The room is not only bright and cheerful but is also filled with peace, serenity, and the grace of God. We feel truly blessed. Thank you for having faith in us, and welcoming us into your church location.

We are still in the process of deciding the parameters of our particular group through a business-type meeting each Mon. We are experimenting with a variety of formats for our AA meetings Tues. through Thurs. Eventually we will have true AA meetings all four weekdays with a business meeting on the first Mon. of the month at 11:15 a.m. for approximately an hour.

You will recall that in our letter to request your church location we stated "according to Tradition 7 every AA group ought to be self-supporting, and we fully intend to be. We would be interested in negotiating a rent/donation that would be fair to both parties and will cover expenses, water, electricity, etc. We will furnish all of our own supplies." When we talked to Pastor Blythe we told him our hope was to be able to donate \$5.00/mtg. to the church. We are pleased to report that our 7th tradition donations have allowed us to attain this goal.

So enclosed please find \$100.00 to cover the last week of Jan. and the four weeks in February that we have been meeting. We have every reason to expect that we will be able to continue this amount of \$5/mtg. in the future.

We are working hard to make sure that our presence does not cause any inconvenience for any of you. If there is anything else we can do, please continue to let us know so we can deal with issues before they become problems.

Thank you again for your warm welcome. We are so very appreciative of all of you and for the wonderful location.

With our deepest thanks,

The **Experience, Strength & Hope** group of Alcoholics Anonymous