

**MINUTES OF  
CENTRAL SERVICE COMMITTEE MEETING**  
Sept 5, 2023  
Zoom Meeting

**WELCOME AND OPEN:** Meeting opened by Samaira G at 7pm with the Serenity Prayer.

**TWELVE TRADITIONS:** The Twelve Traditions were read by Tanya E.

**ROLL CALL:** 25 in attendance, of which 20 attendees were voting members.

EXECUTIVE	COMMITTEES	CSR	ALT CSR/OBSERVERS
Chair – Samaira G	Telephones - Jonathan G	Tanya E- Four Seasons	Mark Z
Co-Chair – position vacant	Help Email – Sam B	Robin M - Keep it Simple	Paul B - Welcome Group
Treasurer – Foster L	Newsletter - not present	Zeta S - Colby Village	Sean M - Telephone co-chair
Secretary – Emily S	Hospital Visitation – not present	Angela E - Serenity Sisters	Bernie S - DCM District 2
	Treatment - Gilles D	Tim D - Hubbards	
	CPC - Kathy S	Lara B - Only Requirement	
	Literature – Gerry L	Mike A - Welcome Group	
	Corrections - not present	Garth M alt CSR - Sunrise Group	
	Webmaster -Heather L	Mike C - Downtown Halifax	
	Mid-Winter Roundup– Heather L	David O - Back to Basics	
	Public Information - Bill P	Emily M - Circle of Sisters	
	Entertainment –not present		

7th Tradition: \*Please email Central Service meeting 7th tradition contribution and group contributions to: treasurer.aahalifax@gmail.com \*Please put a note along with your transfer as to what the donation is for and which group you represent.

Contributions can also be mailed to:  
Central Service, RPO Gladstone, PO Box 31338, Halifax NS B3K 5Z1

**CALL FOR AGENDA ITEMS**

- Approval of Insurance position guidelines (Foster L)
- New meeting at Detox (Gilles D)

**APPROVAL OF AGENDA**

Motion to approve the agenda made by Kathy S seconded by Bill P.  
All in favour. Motion passed.

**MINUTES APPROVED FROM PREVIOUS MEETING:**

Motion to approve the August 2023 minutes made by Heather L seconded by Jonathan G. All in favour. Motion passed.

**OFFICER'S REPORTS:****SECRETARY:**

Hello and thank you for allowing me to be of service in this position. I compiled the minutes for August and distributed them this past month, as well as co-signing /approving online the payments for the telephone bill and also to the literature committee. I helped Foster compile some group details for the new insurance policy this month and I must say it's been great fun helping to organize all the talented acts for the upcoming talent show on Sept 16.

I will be going on a two week trip in October which means I will miss the Central Service meeting and then will be unable to compile the minutes from a recording until perhaps the 20th of the month. I wanted to ask if the table was in acceptance of having the minutes at such a late date, or if someone would like to volunteer to compile the minutes in my absence. Please let me know and thank you. Sincerely, Emily S

(Group voted to accept minutes late in the month)

**TREASURER:**

Financial contributions this past month totalled \$650, and the only expenses were the phone bill and the Post Office box renewal (not yet cashed). Sub-Committee expenses, except for Treatment, remain well below budget. I would like to know from the other committees if they will use their approved funds in the event I may have to reallocate.

With the elections coming up next month I ask all to consider what time and talents they may share with in service their fellows.

Yours in Service, Foster L, Treasurer

**\*see Appendix A**

**CO-CHAIR: Position not filled at this time.**

**CHAIR:**

I attended a strict 1 meeting. We are having assembly in October in person and on zoom. We will discuss the Service Palooza later in the meeting.

Samaira G

**COMMITTEE REPORTS:****CPC (Cooperation with the Professional Community):**

CPC met on the 26<sup>th</sup>, of August at 45 Connelly Drive. The main topic of discussion was the potential presentation at the Stadacona; HMCS Military base, which was confirmed for September 26<sup>th</sup>, at 1PM. The treatment facilitator said there would be two social workers, two registered nurses, a psychologist and his administration staff present for the meeting.

We took suggestions and brainstormed for different scenarios possible for our presentation and looked at our current resources and acquired supplies to take with us. We secured a good number of the August Grapevine Publication; "AA In the Military" to leave with them.

Researched other Area websites for ideas for CPC to add a tab to the A.A. Halifax website. Area 47 out of NY has an impressive site so I reached out to their CPC chair and asked if they would mind us using some of their resources and they confirmed it was fine and gave me other resources information to use as well. The webmaster and I are working out the details to start constructing out tab and using videos, etc. designed for various professional organizations.

Looking into contacting Pheonix House, checking out National Addictions awareness week and looking into Canadian centre on substance abuse and addiction

Next CPC meeting is scheduled for September 9<sup>th</sup> at 10 AM at 45 Connelly Drive, Sackville.

### **CORRECTIONS:**

Corrections still closed to meetings at this time; they don't have the staff to facilitate our visits.

### **ENTERTAINMENT:**

Good evening everyone, first I would like to apologize for not being in attendance tonight as I have to work.

Things are going well with entertainment, as you all know AA's Got Talent will be held at Woodlawn united church on September 16 from 7 -9 free for all. There is a great line up and I'd like to extend my gratitude to Emily and Judy for all the hard work and time for organizing this event.

I have worked with Samaira to lock down a place for a Halloween dance which will be held on October 21<sup>st</sup> From 7-9 at 45 Connolly rd in Sackville free of charge.

Moving forward I will be looking for decorations for events that are upcoming . And looking for a committee to help with the planning and organizing some more events.

My next big event will be a new years dance but hoping to put some smaller events together as well.

I would like to thank you all again for this opportunity and I am grateful.

Yours in service, Noelle

### **HELP EMAIL:**

August saw 10 emails this month. Some topics of email that were new this month were 2 emails I was able to forward onto CPC, and one that in hindsight I should have perhaps forwarded to Gilles D about Treatment Centers. Also there were inquiries about whether the ferry would be running after the Downtown Dartmouth meeting to get them back to Halifax, if registration was required for Zoom meetings. The common inquiries include: 2 emails about how to get started in AA, does AA have counselling programs, the difference between Open and Closed meetings and the concerned friend asking information for their friend. I got a new phone so I've been getting up close and personal again with the PDF versions on the AA pamphlets as the pamphlets I was using previously were no longer saved to my phone. The advantage of this is that I've noticed other pamphlets I wasn't using in the past that are applicable.

Yours in Service, Sam B

### **HOSPITAL VISITATION:**

Wayne sends his regrets that he is unable to attend the meeting. He has nothing new to report.

**LITERATURE:**

The month of August has been extremely quiet. We only had two transactions for the month. If you look at the entry of first August \$73.01 and the entry of 15 August \$213.75, this was for book sale by credit or debit card for the entire month. So right now we have a balance of \$3142.11

I have been asked to set up a boot for literature sale on Saturday September 23 for Sackville-Bedford AA day. Only one thing I want to mention is that I will be a little late because I have an appointment at 10:00 am that could not be rescheduled. But I will definitely be there. Gerry L

**NEWSLETTER:**

Just a reminder that meeting notices / updates should be sent to both the Webmaster ([Webmaster.aahalifax@gmail.com](mailto:Webmaster.aahalifax@gmail.com)) and the Newsletter ([Newsletter.aahalifax@gmail.com](mailto:Newsletter.aahalifax@gmail.com)) to ensure your message is communicated to the AA community.

Newsletter submissions for October, 2023 should be submitted to [Newsletter.aahalifax@gmail.com](mailto:Newsletter.aahalifax@gmail.com) by the 25th of each month 2023. I am available to answer questions throughout the month.

Respectfully submitted in service, Mark, Newsletter chair

**MID-WINTER ROUND-UP:**

The flyer is nearly complete and will likely be approved for distribution at our next committee meeting Sept 10. Then I'll setup the MWRU web page. Our goal is to start actively selling registrations/banquet tickets at meetings by start of October.

We have confirmed a buffet menu with the hotel that will meet our goal of a \$60 banquet ticket price. It'll be made up of a soup and 2 salads, 2 main courses with all fixings (veg, potato) and multiple desserts. This will go along with a \$30 registration fee which includes coffee Friday and Saturday.

I will be getting in touch with Adam at the hotel to see about expanding the space we have to include more Central Service committees. I'll report back on that in coming months.

Many thanks to the committee for their continued hard work.

Yours in service, Heather

**PUBLIC INFORMATION:**

1. Sorry for missing the last two meetings, as I was recovering from medical treatments and not mentally able to focus on the meeting. 2. Nonetheless, the Committee has continued to meet on a monthly basis and fulfilling the tasks as they arose. 3. The Committee has the advantage of at least ten years of continuity in membership and leadership and has evolved and become more experienced and knowledgeable in tackling the mandate of the Committee of carrying the message to the wider community. 4. The work of the Committee falls into two broad categories: one of maintenance; and two of specific initiatives. We have gathered a broad inventory of names and contacts for medical clinics, medical offices, homeless shelters and senior citizens facilities. These need to be upgraded on a regular basis, and continued contacts to insure the supply of pamphlets and posters are current. 5. For initiatives, we are in the process of a redesign of the business cards and posters. Vacations and family obligations on the parts of the members has slowed the completion of the project. Hopefully we can get back on track this

month and next. 6. The month of November will have a national focus on addictions and rehabilitation. To this end we are arranging for Halifax Transit to carry the AA signs for that month. We are initiating contacts with local media to perhaps arrange AA interviews to highlight the AA activities in HRM. 7. In cahoots with the Cooperation with the Professional Community we will be participating in a workshop at CFB Stadacona with their Family and Social Service Staff. Joint planning for this event is underway. 8. I participated with the Area 82 meeting on August 28th, participation was low with three Central Service Committees participation and the remainder Area 82 members. This is Summer. 9. Due to changes in personnel, we have to rebuild our contact with the HRM School Board. Again this is to make sure AA literature is available to the Guidance Counsellors and AA offerings are part of the school libraries. There is probably a service fair for the School Board for which we have been a regular participant in partnership with the CPC Committee. 10. We have strong contacts with the Halifax Library system. In addition to our main books we have now permission to have our pamphlets in the reference section of the various libraries. 11. On a future agenda is the need to contact the Parole Services at the federal and provincial levels to see how we might become involved. 12. The Committee is always seeking new members. Our meetings are very free-wheeling with brainstorming to come up with new initiatives or find better ways to carry the message. The second part of the meetings are more down to earth, making phone calls, putting the pamphlet packages together, delivering the packages to the clinics etc. preparing for meeting with outside agencies, preparing for workshops, etc. We always keep in mind that success is when someone calls the AA Help Line and walks in the door of an AA meeting because of something they read or heard or a care-giver suggested. This is not rocket-science but figuring out how someone might come across the AA message and what care-giver might they contact and how the Committee might best deliver the AA message. Regards in Service Bill P Chair

Question: Do you go into the schools? A: We have contacts with guidance counsellors and go in by invitation.

#### **TELEPHONE:**

We are looking for volunteers for both daytime and evening AA phone and would like to encourage the newly formed groups to join the week-end list.  
Still working on a new AA Telephones procedures which includes the basics of answering it, checking messages, etc.

Thank you for your service and have a great day.

Jonathan

#### **TREATMENT:**

Hi everyone My name is Gilles and I am an alcoholic, August was a busy month at treatment, We and Circle of sisters are going to provide Bryony House with a permanent rotation, We invite women from any group who want to join our volunteers to participate in going to Bryony to contact Sara G. Cheryl M The rotation for Bryony should be in next month news bulletin .Forensics is doing well we have both groups and team leaders to chair meeting .We have 7 groups and 5 team leaders so 12 therefore every 24 weeks we attend. We have 22 groups at detox therefore every 22 weeks groups rotated. At the Marguerite the bi-weekly rotation is done till December 20 2023..We are tweaking Bridging the Gap and will have more to report next month. Your in service Gilles D ,Sara G, and Cheryl M.

#### **WEBMASTER:**

August was brisk with lots of flyers/events to be posted to the web, plus meeting list changes.

I'd like to mention that our PDF printable meeting list now has Tuesday meetings spilling over into the Wednesday column. Tuesday has 13 meetings where, on average, all other days have about 7. One thing I was taught by my group is when setting up a new meeting or changing an existing meeting to a new day/time, we should always look at the day and time and see if there are already several meetings. Tuesday, for example, has 5 meetings all at 7:30pm!

Nothing to be done here; just wanted to bring this to the attention of all. If your home group ever considers a new meeting or a day/time change, please also consider the current schedule of meetings. All to better serve AA as a whole.

I created a new Gmail for Entertainment chair as I could not gain access to old one. New email is: [Entertain.aahalifax@gmail.com](mailto:Entertain.aahalifax@gmail.com) This has been updated on the web site Contact page and in the Newsletter.

I also created a new Gmail for the Insurance liaison position: [Insurance.aahalifax@gmail.com](mailto:Insurance.aahalifax@gmail.com) This too has been updated on the web and in the newsletter.

Foster has found that he cannot email me at WebMaster nor the chair at CSR.Chair. The email is bounced back and says it was blocked. But he was able to successfully email the Secretary account plus the DCMs which is probably the most important thing. This is a mystery and one I have not had any insights as to the problem. I will work on it as best I can.

A license which is a part of our Wordpress web site, called Graphene Theme came due. I have renewed at a cost of \$53.99 Cdn.

Yours in service, Heather

Q: I did send something today to CS chair which did not bounce back - this problem may have solved itself.

### **INSURANCE:**

The insurance file has been busy.

Heather has created a new email for this portfolio that is now active and is necessary to separate the insurance messages from the Treasurer's email once the Treasurer position changes hands; [Insurance.aahalifax@gmail.com](mailto:Insurance.aahalifax@gmail.com) .

Working with Pete L, we drafted and sent a second letter to all Nova Scotia DCMs announcing the start date of the new provincial policy and breaking the districts into two groups for reporting purposes. Groups in Districts 3,4,7,10 and 17 will send requests to be insured to Pete and groups in Districts 1,2,5,6,8 and 9 will send their requests to the Central Service Insurance Chair.

The renewal for our existing policy has been received with a premium increase of \$140. I have advised the broker we will not be renewing due to the creation of the new policy. A letter has been sent to them giving them an approximate guesstimate of the number of groups to be insured and they will get back to me re an estimated premium. It for certain will be lower than the current combined total paid by us and District 17.

A separate email was sent to the DCMs for District 1 and 2 attaching our current policy and asking that they work with their groups to see who remains on, who gets deleted and who may be new needing insurance. Our intent is to automatically continue to insure existing insured groups unless otherwise stated.

Emily has created a Word table that lists all groups to be insured that we know of at the time of this report. This will be sent to the broker next month so a new policy can be issued. Groups can continue to be added/deleted throughout the year. Thank you, Emily.

CSRs, working with their GSR, are asked to verify the address of their meeting place is the same as shown on the existing policy. I will ask Emily to send a copy of the policy to all.

- Working on e-transfers with bank for insurance deposits
- working on splitting the account to have one account reflect the prudent reserve, and one reflect the insurance premium portion of that account
- working to have \$1000 deductible fund ready for all groups

Yours in service

Foster L

Question: Should we have separate bank account for the insurance premiums, so there are no mix ups? A -It's an excellent idea. Insurance chair should not have access to bank accounts. If a new account is set up, there should be direct deposits to the account for insurance payments. Right now we do not have auto deposit so that groups can pay for literature with an etransfer or make a group contribution and identify it in the notes section of their etransfer. An auto deposit on the insurance account would be ideal.

#### **DISTRICT 1:**

DCM 1 August Report for September Central Service Meeting

A few short notices of importance.

Open Executive Positions in District 1

1. Alternate DCM
2. Alternate Treasurer

It is important that these positions be filled. This is a great way to give back what was so freely given to us. Please find the courage to commit to help AA Service at the District level. AA needs your service.

Currently reading up on the Agenda at the Fall Assembly that is being held at Cornerbrook NL this year October 6-8. I look forward to being in Service with the GSR's of District 1 during this time.

Finally, the September workshop on the last Wednesday, 27 Sept 2023 at 6 pm, on the District 1 Zoom identification platform will be titled, "Traditions". The workshop guest speaker will be our very own alt-gsd of area 82 Mr. Dwayne M. Please check your newsletter for more details.

Have a great day all!

Yours in service, Michael H.  
DCM 1 Area 82.

## **DISTRICT 2:**

I was able to attend the quarterly Area 82 Officers meeting on Zoom where I managed to put some faces to people I have only corresponded to via email. I was able to attend the midsummer roundup in Truro the end of July, where I was fortunate enough to meet the Area chair in person, Anne B. During our talk, Anne offered to drive me to the Assembly in Cornerbrook. I had planned to accept that offer, but a health issue will prevent me from attending the assembly in person. I will attend that via the hybrid zoom meeting. Last month, I put on a workshop for District 2 on the Importance of Joining A Home Group. There were only 6 in attendance with 5 groups being represented, but the workshop itself went well. There was some lively discussion and one participant said she felt inspired to become more involved in service and as I told her, the workshop was a success because increased involvement in service was the point of the workshop. Ordinarily, the Alt DCM puts on the workshop but I had agreed to do this one for Alex and she will be hosting the district 2 workshops from here on in. I have been visiting several of the groups in our districts, encouraging those who do not have a GSR to elect one or to at least have a group contact so that we may communicate. That seems to be going well. Yours In Service Bernie S DCM District 2 Area 82

**AREA 82:** no report at this time

## **APPROVAL OF THE REPORTS**

A motion was made by Mike C to approve the reports, it was seconded by Heather L. All in favour; motion passed.

## **OLD BUSINESS**

**- Central Service Elections:**  
**Central Service Co-Chair:** none

**Co-chair committee positions:** none

### **Service Palooza: (Samaira G)**

I haven't had contact from anyone about bristol board displays, etc. We talked about having this occur in October after our elections - but elections this year are just executive. Perhaps we can have the service palooza every second year.

Comment: We talked last month about renaming the event a "Service Fair"

Comment: Having service fair in September before October committee elections (every second year) makes sense.

Comment: We do need to elect an insurance liaison as well as the executive positions this year (term for one year). I feel September is too late if elections are in October. I propose perhaps June and then follow up.

Comm: Having participated in the past, the fall event is usually low participation - also difficult for committees to get things together at that time. Spring might be a time where committees were more enthusiastic.

CS chair: I like all these ideas - Service Fair, holding it in June, and having it every second year.

Question: I hear about these being poorly attended - is there perhaps another way to go about this? Perhaps a hand out distributed to groups, have a group member promote the hand out within the group?



**Mike C: I make a motion that the newly named Service Fair be held in the month of June in the year that committee chairs and co-chairs are elected. (seconded by Bill P)**

**18 in favour**

**1 opposed**

Minority voice: Looking for different options and new more productive, creative methods to increase participation.

**Motion passed.**

### **Insurance Guidelines (Foster L)**

The guidelines went out to all groups. We need a motion from the floor to accept these guidelines. Then we will need to re-open central service guidelines because once these are approved they will go in as a separate item (and co-chair insurance duties will come out).

*The Insurance Chair has the overall responsibility to coordinate jointly with the designated Insurance lead for District 17, the administration of the Nova Scotia Provincial Insurance Policy, including activities listed below:*

- 1. Monitors and coordinates the requirements of the Insurance policy for insured A.A. groups with the Central Service Treasurer: including payments to the Insurance Broker, collection of premiums from insured groups and distribution of policies to insured groups.*
- 2. Maintains a comprehensive list of all insured groups, to include Group names and meeting place addresses, and group contacts.*
- 3. Is the primary contact for the insurance broker, adding and deleting insured groups as necessary.*
- 4. In the case of a claim, ensure payment of the \$1,000 deductible amount is made from the \$2000 Insurance deductible-fund in the Prudent Reserve.*
- 5. Coordinates payments from the insured groups to maintain the \$2000-Insurance deductible fund in the Prudent Reserve.*
- 6. Reports monthly to the Central Service Committee on Insurance matters.*

Q: Qualifications for sobriety were missing - could we add them as same as our treasurer duties? A: The sobriety time/ qualifications in the current guidelines apply to executive and sub committees - this would automatically apply to the new position as a sub committee.

Q: Did this have a group conscience through the groups? A: The position was created by vote at the last meeting. This was sent out so I assume if we are not getting negative feedback at this time that it has been approved by groups.

Comment: In that case, requirements have been met to amend guidelines.

Q: We don't intend to have a cochair for this position? A: Yes, there should be a cochair.

Q: Suggestion for a separate bank account - will this be in the guidelines? A: Not necessarily - this is something the treasurer will decide as per administration duties.

**Mike C made a motion that the new Insurance Chair sub committee position guidelines be accepted as written.**

**seconded by Bill P**

**All in favour**

**Motion passed**

**Bill P: I so move that the CS guidelines be amended to reflect the new insurance guidelines.**

**All in favour**

**Motion passed.**

## **NEW BUSINESS**

### **New Meeting at Detox (Gilles D)**

We have had a request from Mental Health and Addictions wing of Simpsons landing to take a meeting there as these residents can not attend our meeting on the other wing. I'm looking for feedback: should the group going in for the detox meeting deal with both meetings at once? Should the next group on the rotation list chair the meeting at the Mental Health and Addictions unit (groups will put on a meeting every 11 weeks instead of 22 weeks)? Please bring it back to your groups.

Question: What are the expectations for how many people participate? Is there a minimum?

Answer: Always two - ideally one man and one woman. People with 6 months who attend should not share - anyone with more than 6 months sobriety is able to share and participate fully.

Question: Can you tell me more about this unit? Are they on residential program like detox?

Answer: I believe it is an inpatient unit. Some of them go to club 24 and other groups, but they would like to have their own meeting.

Q: Do you think groups would be willing to do this, once every 11 weeks? A: Hopefully groups will give us some feedback on this.

Q: My group is fortunate to find just two people for detox each time - some people may not feel comfortable putting on a meeting in mental health unit. Comment: I volunteered on this unit and I found it easy to communicate with the residents, some of them were looking for work and it was a relaxed atmosphere. This is not a locked ward.

Q: We should have more info about what they are asking - will someone working there attend the meetings, will residents be assessed to see if they are able to participate? Etc.

Answer (treatment chair): I will bring back more information.

Q: On the forensics unit, is it those deemed criminally not responsible due to mental illness - is this like a prison? I feel members should be educated on each of these meetings so they know what they are stepping into. A: Residents at forensics are unfit to stand trial - criminal code review board, they work with health care team to safely re-enter the community. They are not allowed to leave the facility. This is not dangerous - there is a panic button. Guards are on hand and a nurse participates in meetings.

Comment: Gilles put together a document with a lot of information about the forensics meetings and what is to be expected - this went out to groups and if very detailed.

\*Secretary will re-send this forensics document to all CSRs.

## **ANNOUNCEMENTS FROM GROUPS**

- Serenity Corner meetings Fridays - currently hybrid, in meeting list

- Downtown Halifax Group sponsoring a celebration/spiritual gathering on October 14 on a Saturday; Sept 17 Mike C and Peter J celebrating at Downtown Halifax, 75 years between them! speaker: Kathy S
- Sara G celebrating 2 years Happy Destiny Group in Spryfield Sept 25
- Oct 2 Zeta celebrating 34 years Colby Village

Motion to adjourn the meeting by Heather L seconded by Jonathan G.

Meeting ended with Responsibility pledge at 9:00 PM.

**Next CS meeting will take place October 3, 2023 at 7 PM on zoom.**

## Appendix A

### August 2023

#### **Operating Account**

<b><u>Opening Bank Balance</u></b>	<b>\$6,732.21</b>
Credits	\$650.00
Debits	\$190.76
<b><u>Closing Bank balance</u></b>	<b><u>\$7,191.45</u></b>
Cheques Outstanding	\$234.60
<b><u>Closing Operating balance</u></b>	<b><u>\$6,956.85</u></b>

#### **Prudent Reserve Account**

Opening balance	\$4,910.68
Closing balance	<b><u>\$4,911.72</u></b>