

www.aa.org

Vol. 60, No. 3 / Fall 2014

# Bon Anniversaire, Québec!

Seventy years ago, Alcoholics Anonymous found its way to Québec, where, after a few fits and starts, it began to flower and grow, providing alcoholics in this predominantly French-speaking province a means by which to stay sober, grow in spirituality, and carry the message of hope and recovery to others.

Following the first A.A. meeting held in Canada, in Toronto, Ontario in January 1943, the story of Alcoholics Anonymous in Québec began with correspondence — and a copy of the Big Book.

According to an account of A.A.'s beginnings in Montréal published in the May 1951 Grapevine, "The man who was responsible for the seed which grew was, perhaps characteristically, one of those who had been pronounced 'hopeless' by friends and by expert opinion. While an inmate of a mental institution, where he was confined as a result of his drinking, he read the book *Alcoholics Anonymous*. He wrote to New York. The resulting correspondence kept him sober through the long, frustrating first months while he struggled to establish A.A. in Montréal. At long last, first one and then another alcoholic joined with him — and stuck."

That man was Dave B., an ex-bank clerk and accountant, and the Big Book he read had been sent to him by his sister. Dave started corresponding with the only source of help he knew then — a staff member named Bobbie at the Alcoholic Foundation, now known as A.A.'s General Service Office. Bobbie encouraged him to talk to other alcoholics in order to save himself — and to be sure of finding at least one person to talk to, Bobbie gave him the 400 telephone numbers asking for himself that had come in to A.A. headquarters from Montréal and the surrounding area.

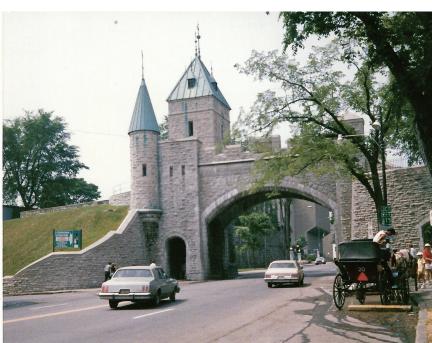
Dave B. undertook the task of carrying the message and starting a group around the end of 1944. As had been the case for Bill W. and A.A.'s other founding pioneers, Dave met with more than a few failures.

Groups were formed, however slowly at the beginning, in Dave's house on Victoria Street, at the Montréal Forum, and finally spreading throughout the city and beyond. Says the Grapevine account, "At first meetings were held in members' homes; then once a week in a room in the Montréal Forum building. A.A. in Montréal knew triumphs, tragedies, periods of elation and depression. There were the enthusiasts and the drones, the organizers and the reorganizers; there were a dozen or so, then two dozen; to the Monday group there was

added the Thursday group, and then the Saturday night group, and the Wednesday group — until today in Montréal, on any night in the week, there is a choice of meetings to attend."

Bill W. described the early growth of A.A. in Montréal and its subsequent spread in A.A. Comes of Age (page 85): "Montréal meanwhile had begun to simmer. Dave B., the Montréal group's founder and a marathon Twelfth Stepper, had sobered up on reading an A.A. book sent him by his sister. Here we saw A.A.'s very first French members. I shall forever remember that early bilingual Provincial meeting where I first heard the Lord's Prayer in French. In due course, solid A.A. began to flourish in Newfoundland and the Maritime Provinces, and of course it was only a question of time when Québec City and Trois-Rivières, thus flanked on both sides, would have their own groups. The Québec clergy, at first doubtful, are today among A.A.'s most ardent well-wishers. So are many public officials. We can never forget the party that Montréal's Mayor Houde once threw for us. It was probably the first official reception that any A.A. group ever had."

Building on this success and hoping to solidify A.A.'s relationship with the medical and professional communities in Canada, in 1949 Bill presented a paper in Montréal to the members of the Psychiatric Association of America, who published his presentation in their professional journal. Said Bill in A.A. Comes of Age (page 205) of the presentation in Montréal, "My paper was carried in the



**Box 4-5-9** is published quarterly by the General Service Office of Alcoholics Anonymous, 475 Riverside Drive, New York, NY 10115, © Alcoholics Anonymous World Services, Inc., 2014

Mail address: P.O. Box 459, Grand Central Station New York, NY 10163

G.S.O.'s A.A. Website: www.aa.org

**Subscriptions:** Individual, \$3.50 per year; group, \$6.00 for each unit of 10 per year. Check—made payable to A.A.W.S., Inc.—should accompany order. To have issues delivered directly to your inbox, register your e-mail on the A.A. Digital Subscription Service on G.S.O.'s Website.

American Journal of Psychiatry and we were permitted to reprint it in a pamphlet, now entitled 'Alcoholism the Illness' [later retitled "Three Talks to Medical Societies by Bill W."]. Our standing with the psychiatric profession has increased greatly since that time. State and county medical associations began to ask A.A. members to make appearances before them. All these medical papers have served our foreign groups especially well, saving them the years that were once required here in America to demonstrate A.A.'s worth to physicians."

Crossing the language barrier from English to French provided some additional challenges to the early members in Québec, yet slowly French-language groups began to form. In 1945, the first bilingual group was founded in Matane by Dr. Roland B., who attended a medical convention where Bill W. was one of the guest speakers and brought back a copy of the Big Book. At first, French members preferred to meet with the English groups in order to preserve unity; but it became apparent that some French-speaking drunks could not find enough help that way, and so French groups were started. The first such group in Montréal met in September 1947.

Quite rapidly, the need for French recovery and service literature became apparent, and by the end of the 1950s, a few pamphlets were made available by volunteers, and a literature committee was created in 1961. The French translation of the Big Book was launched in 1963, and the first issue of the Grapevine's French-language counterpart, La Vigne A.A., came off press in 1965 and has been published bimonthly ever since.

On the service front, a workable general service structure began to develop throughout the Province. At the beginning, one English-speaking delegate represented Québec at the annual General Service Conference, though, at the request of Dave B., one French-speaking delegate was soon added as well. Over time, one service office came to serve the whole area for literature, the registration of groups, and other administrative issues.

In addition, the first Spanish-speaking groups were created, with the Grupo Hispano recorded for the first

time in the 1981 meeting list of the Montréal Intergroup. Other groups soon followed and a Spanish-speaking Intergroup and district were formed.

Today, Québec is divided into four separate areas, and as is common in places where many linguistic communities exist, a large number of districts overlap, allowing each group, depending on its origin, to be represented by a French-speaking, an English-speaking, or a Spanishspeaking member.

Southwest Québec (Area 87) today has 19 Frenchspeaking districts, seven English-speaking, and one Spanish-speaking district. Southeast Québec (Area 88) is mostly French-speaking and has 192 groups. It has an area of 1,280 kilometers along the American borders of New Hampshire and Maine, along the provincial borders of New Brunswick and Nova Scotia and Prince Edward Island, the Magdalena Islands and from Newfoundland to the coast of Anticosti Island. Northeast Québec (Area 89) has 5,400 members in 274 French-speaking groups, four English-speaking groups, two bilingual groups, one Atikamekw group and two Inuktitut groups. It represents a vast territory spreading from Louiseville to Blanc-Sablon to the east, and from Chibougamau in the north to Lévis in the south. Northwest Québec (Area 90), with 366 groups, spreads from Ottawa in Ontario for the Frenchspeaking groups, to the western part of Québec, Joliette in the east, and from Metropolitan Boulevard in Montréal in the south, to the 80th parallel in the north.

Growing from the need of one alcoholic to remain sober by carrying the message of hope to another alcoholic, the story of A.A. in Québec is marked by everincreasing efforts to create services for all the members of the territory, regardless of the language they speak or where they come from.

Wrote Bill W. in the introduction of the Grapevine's "Salute to Canada — Salut au Canada" in May 1951:

"Our congratulations and thanks to Canada, no finer A.A. exists.

"This far-flung society of ours has the odd quality of being everywhere the same, yet everywhere so different. We A.A.s are totally alike, whether by regions or by nations. This, of course, is just as it should be.

"When A.A. travelers return from Canada they all report how much more they brought away from Canada than they took in. . . [Never] shall the bright memory ever fade of that day in Montréal when Lois and I heard the Lord's Prayer spoken in French and English — our first meeting in two languages.

"We are immeasurably grateful for fast friends from Halifax to Vancouver, they are always the same: devoted workers upon that great fabric which is the A.A. of today — and of tomorrow!"

This fall, the bilingual convention of Area 87 will celebrate the history of A.A. in Québec, sending out an invitation to all A.A. members: You are welcome at the Centre des sciences du Vieux-Port de Montréal, November 7-9, 2014, to mark 70 years of gratitude!

# Redesigned Website a 'Helping Hand' in Carrying the A.A. Message

With over 25,000 unique visitors a day, G.S.O.'s A.A. website provides a well-traveled path for A.A.s and others who are interested in information on alcoholism and recovery. To accommodate all that traffic, and to keep pace with today's ever-changing digital environment, the website recently put on a new face, debuting a redesign launched in early June. Far more than just a change in graphics and appearance, this redesign introduced a total reorganization of existing material — and the addition of a number of new features — with upgraded functionality and a wealth of new attributes, providing visitors a user-friendly and more contemporary online experience.

Available in three languages — English, Spanish and French — with simplified navigation among all three, the new website architecture has been created from the ground up, with state-of-the-art web development language and coding to increase speed and performance, and

tailored specifically to the new features now populating the site.

Says Daniel Brown, G.S.O.'s nonalcoholic Digital Media Manager, and the person responsible for implementing the site's reorganization and redesign, "The driving force behind our digital strategy is, and always will be, to make sure we provide the A.A. Fellowship and others interested in A.A. a helping hand as they carry the message, with informa-

tion that is easy to find and well-adapted to a digital environment that is changing every day."

Nearly two years in the making, this latest evolution of the website builds on previous enhancements and expands the site's usefulness as a powerful adjunct to the Twelfth Step work done by A.A. members throughout the U.S., Canada and, indeed, the world.

The product of much scrutiny and input from all corners of the Fellowship, the updated website has made a transition from the more centralized functions of previous versions to the more fluid, interconnected and "intuitive" structure now in place. Using the analytics available through the website — information concerning how people utilize the site, what pages they go to most frequently, what information they're after — and direct input from

users throughout the Fellowship, an assessment was made that formulated the guiding principles of the redesign. "Essentially, " says Daniel, "visitors were looking for three basics things from the website: 1) to get help with a drinking problem; 2) to find A.A. meetings and resources nearby; and 3) for members, friends and professionals to get general information about A.A."

Using these three topic areas as a template for the redesign, G.S.O. staff, the A.A.W.S. Board, the Group Services desk and the Publishing department began a collaboration that led to the reconfiguration of existing materials and the development of additional materials to help supplement the core of shared experience, strength and hope.

Describing the thought process behind the reorganization, G.S.O. staff member Tracey O. notes, "The original plan, basically, was to modernize the website and make it

more usable in terms of design, organization and interactivity. The look and feel of the old site was outdated and not 'intuitive,' and we had been addressing it on a piecemeal basis as concerns cropped up." Top-heavy with information, Tracey explains, the previous design was set up with multiple layers of information for each service assignment, making it difficult for users to navigate.

"This was one of our primary concerns,"

says Tracey, "and we wanted to keep things as simple as possible, without sacrificing the site's functionality."

Starting with the work of G.S.O.'s Website Redesign Committee and the Services Committee of A.A.W.S., (now called the Technical/Communication/Service Committee) which has essential oversight of the website as a whole, "Our overall objectives were to update the site design and expand the capabilities," says Tracey, "... to make the site more user-friendly for a variety of audiences and improve the visual appeal and accessibility of the site.

"Our main focus, then, for the home page was to make it absolutely clear for our three main audiences to see their concerns addressed right away. Much of the information actually presented on the home page was already available on the previous version, but took a little digging to find."



In terms of new and enhanced features visitors can expect, one large area of improvement, according to G.S.O. staff member Mary C., the current Conference coordinator, is the new information about getting involved in service in the "Information About A.A." section on the home page, under the heading "For A.A. Members."

"The reorganization and redesign have provided an easier way for members to get hold of information about service, and getting involved. We're very excited about the new layout and feel that it will make the wide range of service materials that we have more readily available.

"There's a page specifically for getting involved in service — with linked pages for G.S.R.s and D.C.M.s — and there's the A.A. Group Life page that contains resources and A.A. shared experience that many groups will find helpful.

"One of the new features is the section for new trusted servants that specifically guides members new to general service in how to get listed at G.S.O., and what materials from G.S.O. might help them in their new positions. Basically an overview of getting involved for people who are new to service."

Another exciting function, Mary points out, is the list of materials that appear for each service committee — Public Information, Cooperation With the Professional Community, etc. — with a "featured resource" function that highlights, in most cases, the A.A. workbook associated with each committee, providing a wealth of information for individuals, groups and committees that is just a click away.

This website does *not* provide A.A. meeting information directly. What it does provide is contact information and links to local A.A. offices and to websites where you can find A.A. meetings or talk to an A.A. member.

Other overall highlights include photographs of G.S.O.'s Archives department, along with an audio library featuring talks by Bill W. and Dr. Bob; a revamped section featuring the *Daily Reflections* book, where people can search individual entries, navigate to any date, and share entries with a friend via email; additionally, the full library of video and audio public service announcements has been reformatted to enhance compatibility across digital platforms, allowing for easy access.

For people curious about whether or not they may have a problem with drinking, in the "Need Help with a Drinking Problem?" section there is a confidential electronic version of "Is A.A. For You? Twelve questions only you can answer" that visitors can fill out online. For journalists and others in the media interested in A.A., a dedicated "For the Media" portal has been reconfigured, presenting basic facts about A.A. and providing critical information about anonymity. As noted by Mary C., whose most recent past staff assignment was on the Public Information desk, the redesign has already had an impact on the Public Information services provided by G.S.O. "In the short time the new site has been up," she

says, "we've seen an increase in requests from TV and radio stations for public service announcements." And, finally, for people looking to purchase A.A. literature in the online store, make a Seventh Tradition contribution online, or subscribe electronically to any of G.S.O.'s three newsletters (Box 4-5-9, G.S.O.'s quarterly news bulletin; About A.A., the newsletter for professionals; and Markings, the Archives eNewsletter), the functionality and graphics of these features have been streamlined and strengthened.

In terms of updated technology, the new site has further developed its search function, allowing visitors to locate specific resources related to their particular interests, and has given special attention to cross-browser rendering to allow for greater compatibility across platforms. This has allowed people with disabilities who are using assistive technology to more easily access and enjoy the site.

One other important advance is the mobile version of the site that is now available — a change determined during the evaluation of the site's analytics. When it was discovered that nearly half of the visitors to aa.org use mobile platforms to connect to the site it was clear that a more concentrated and accessible version of the site needed to be established, and while the "regular version" of the site is still available when connecting through any mobile device, users will automatically be directed to the version that is designed specifically for use on these hand-held devices.

All in all, feedback has generally been positive, notes Tracey O., who as G.S.O.'s Group Services coordinator is responsible for collecting feedback and monitoring any problems that might come up on the site. Writes one happy visitor on the Website Feedback Form provided on the new site, "Wow. Nice job. . . What a nice, refreshing, upbeat website. Good group conscience. It works!"

Like sobriety and spiritual growth itself, the website is an ongoing project, one that needs to be constantly nurtured, inventoried and enhanced. Yet, important as it is in this digital age, all involved in this most recent redesign recognize that the website can never take the place of the traditional face-to-face communication that happens between one alcoholic and another — the special bond so clearly established when Bill W. reached out to Dr. Bob.

But it sure is nice to have a helping hand.

#### Last Forum of 2014

There is only one remaining Regional Forum in 2014. Check www.aa.org for information and online registration

• Sept. 26–28, Southeast, Verdanza Hotel, Isla Verde, Puerto Rico.



# Georgia – still on our minds!

Online Registration for the 2015 International Convention opens:

September 3, 2014 - 9:00 a.m. Eastern Standard Time www.aa.org

### See you in Atlanta!

2015 International Convention July 2-5, 2015 Atlanta, Georgia

80 years - Happy, Joyous and Free!

# Why Should We Pay To Go to A.A. Events?

Why, some members have asked, do A.A.s have to pay a fee to attend an A.A. conference, convention or other special event? As one Californian wrote to the General Service Office, "Some of us have difficulty when it comes to having the A.A. name attached to any gathering that requires payment to participate. What's more, some of the prices at many of these functions are not cheap." And, he adds, "what about the payment of travel expenses and lodgings for certain 'select' speakers?"

It's true that A.A. membership is free, and meetings and most A.A. events are self-supporting in the spirit of the Seventh Tradition. But what about A.A. get-togethers beyond the group-meeting level, ranging from special one- or two-hour meetings to banquets and weekend events—area, statewide, regional and international? These events require months of planning, preparation and money presented upfront to the hotel and other business facilities involved. Arrangements may also be made for A.A.s with special needs: providing wheelchair accessibility, sign-language interpreters for the deaf and, in some instances, programs in Braille for the blind.

Additional expenses include the printing of flyers, schedules, postage and supplies, not to mention renting meeting space, insurance coverage, and travel and accommodations for the invited speakers, many of whom live a thousand miles or more from the convention site. A.A. members are not paid to share their experience, but as invited guests of a convention or conference, their expenses are generally reimbursed. As the A.A. Guidelines on Conferences, Conventions and Roundups, available from G.S.O., state, "It should be clear, when the speakers are booked, what terms are being made for expenses. Unless it's otherwise specified, speakers have a right to assume that all their travel, meal, and hotel expenses will be paid for the entire trip."

How are the costs of a convention covered, and what can be done to ensure that the venture won't go deep in the red? Registration fees cover costs for special events, and those who wish to participate in the convention pay their own way in the spirit of the Seventh Tradition. According to the aforementioned Guidelines, "there's no substitute for common sense here; the committee must take a business-like approach to finances and keep expenditures somewhere within a conservative estimate of anticipated revenues.... Since the registration fees can be established at a level sufficient to cover the total costs, this should result in no actual out-of-pocket costs to groups. It's a good idea, though, to put the tickets on sale well in advance of the convention and to know where the breakeven point lies."

At the area level, two sound methods for underwriting special events seem to be in general use: (1) Underwriting of the event by area groups. Since the registration fees can be established at a level sufficient to cover the total costs, this should result in no actual out-of-pocket costs to the groups; and (2) Building a convention fund to which the area groups contribute year-round. This method obviates the need to charge a registration fee except for visitors from out-of-state.

The criterion for using the A.A. name generally specifies that the event be put on by A.A.s for A.A.s about A.A. Although a golf tournament or a dance is beyond the purview of A.A.'s primary purpose, such events are often scheduled as social adjuncts to the main meetings and workshops scheduled.

When Al-Anon participates in an A.A. convention, the relationship and financial arrangements usually follow one of two patterns: When an A.A. convention committee invites Al-Anon to participate with its own program, A.A. may pay all expenses (for meeting rooms, coffee, etc.) and keep all income from registrations and such in a single fund earmarked to cover the convention bills, after which any excess income reverts back to A.A. Alternatively, Al-Anon may have a separate registration and cover its own expenses directly, besides assuming its share of common expenses. In this case, Al-Anon receives its own share of the registration income and also shares in any losses incurred.

# G.S.O.'s Longest Serving Employee Retires

Joe Moglia, G.S.O.'s longest serving employee, was hosted to a review of his 47 years at G.S.O. at a retirement party, March 13, 2014.

When Joe came to G.S.O. in 1966, cofounder Bill W. was still at the office, which was then on 45th Street.

During his time working in G.S.O.'s Mail and Shipping

department Joe worked with eight out of the nine general managers; eight books and numerous pamphlets were published; and A.A.'s worldwide membership grew from 251,615 members to over two million.

In retirement, Joe is looking forward to taking a cruise with his fiancee Anne. He and Anne also plan on taking trips to Atlantic City and hitting



the dance floor to some oldies and good old rock and roll.

Joe's many friends at G.S.O., especially his pals in Mailing and Shipping, wish him all the best in this wonderful new chapter of his life.

# Three New Class B Trustees Join General Service Board

Following their selection at the 64th General Service Conference, the General Service Board of A.A. welcomed three new Class B (alcoholic) trustees: Richard B., Eastern Canada regional; Joel C., Pacific regional; and Joe D., general service trustee. While all trustees represent the Fellowship as a whole and no trustee can be said to "represent" a geographical section, these newly selected A.A. members will bring years of professional and service experience to the board's deliberations and provide an invaluable A.A. point of view based on the various regions from which they come.

**Richard B.,** of Terrebonne, Quebec, sober since 1989, succeeds Donald C. as Eastern Canada regional trustee. A 2010-11 (Panel 60) delegate, Richard also attended the 58th General Service Conference, serving as the French language translator for the Area 90 (Northwest Quebec) delegate.

"Service is the secret," says Richard. "If you want to know where you stand in your recovery program, go into the service structure."

In his life outside of A.A., Richard worked as a logistics agent for Bombardier Aerospace for almost 35 years. Now retired, he is an active member in his home group and has been involved in area and regional A.A. service events, most recently as alternate chairperson for the first Canadian Eastern Regional A.A. Service Assembly, held in 2013.

An avowed "people person," as well as a competitive ballroom dancer, one of the high points of Richard's service life came recently when, as Area 90 delegate, he participated in the First Eastern Arctic A.A. Convention, held in Iqaluit in the Northwest Territories, for two days of sharing, most of it conducted in Inuktitut, the native language of the Inuits, with translations provided in French and English.

"I just want to be a link in this beautiful chain," says Richard, and as trustee he hopes "to become a better person and a better trusted servant."

**Joel C.,** of San Diego, California, is also a Panel 60 past delegate, who served on the Public Information committee. Selected to replace outgoing Pacific regional trustee Rod B., Joel sees his upcoming tenure on the board as a new adventure in service. "In the years that I spent serving as an area officer, I learned that all service challenges are really recovery challenges. I believe if I can stay focused on the Tenth, Eleventh and Twelfth Steps, they will help me to meet any challenge that may arise in my service as a trustee. My A.A. life has also taught me how to laugh at myself, and I do expect there will be moments when I will need to remember to do that, as well."

Sober since 1989, Joel is a college professor in El Cajon, California, and chair of the college's Communication Department. With a master's degree in Speech Communication, Joel has taught public speaking, group communication, and interpersonal communication, among other subjects.

"In all of the courses that I teach, I impress upon my students that the most important aspect of communication is listening. We have to listen to each other with the objective of true understanding if we are to get anywhere in building relationships and building consensus... It's vital to unity and to the group conscience process."

**Joe D.,** of Kingston, Ontario, selected as general service trustee on the A.A. World Services Board replacing Roberta L., has also worked in the field of education, and is currently responsible for the financial operations of a medical research center in Kingston, managing a million dollar budget.

"I have also served on the board of a local provincially funded treatment center for 14 years," says Joe, "and acted as president of the board for half that time, so I have plenty of 'real world' board experience."

Sober since 1987, Joe served as an Area 83 (Panel 51) delegate from 2001-02 on the Conference Literature Committee that approved the Fourth Edition of the Big Book. He was later selected as a nontrustee director for A.A.W.S., where he has been involved in a number of projects, including the recent redesign of G.S.O.'s A.A website and the development of online services for contributions and literature.

A member of the Frontenac Group, Joe is kept grounded by family and friends who, along with newcomers, remind him "why we do what we do in A.A. in any capacity."

Also an avid camper, when not attending meetings of the boards he serves on or performing a wide range of administrative duties on behalf of the university for which he works, Joe often spends time in his RV in a small provincial park in northern Ontario, "communing with the chipmunks."

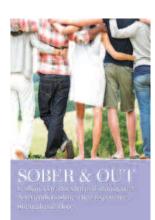
A.A.'s Class B trustees each serve one four-year term; the seven Class A (nonalcoholic) trustees serve for six years.

## In Remembrance

Sadly we report that Marty W., Western Canada regional trustee, died last March. A Panel 59 delegate, he was elected trustee in April 2012. Marty was the owner of a Landscape/Hardscape Design and Installation business. Sober since November 1996, Marty remained active in A.A. and community events in his area. Our sympathy goes out to his wife and four children.

A dedicated trusted servant, Marty's final A.A. commitment was to chair the Western Canada Regional Forum, February 21-23. He died March 4, 2014.

## New from Grapevine



Sober & Out is a collection of stories by A.A. members who are lesbian, gay, bisexual, and transgendered (and a few friends) from the pages of AA Grapevine. They share their experience, strength and hope with alcoholism and their personal struggles to

achieve sobriety. The stories in this book show that, like most alcoholics, LGBT A.A.s struggle to fit in, stay sober and find peace in their lives.

Available Sept. 5, \$10.99 (\$10.50 for 5 or more copies). To order: aagrapevine.org/books; phone: (800) 631-6025 (US/Canada), (818) 487-2091 (International)

# Recurring Contributions: New Online Feature

When the Contributions Online feature was added to G.S.O.'s A.A. website in 2010, it allowed members the convenience of being able to make a contribution to G.S.O. electronically, applying the Seventh Tradition through cyberspace. One of A.A.'s most cherished Traditions, self-support, got a little easier with this new advancement, and members have been using it in growing numbers ever since.

The "A.A. hat" — or basket, or tin can, or (on occasion) paper bag — has long been the place, according to Bill W., where money and spirituality mix. Contributions from members fuel the engine of self-support throughout the Fellowship: paying rent for meeting spaces, purchasing meeting lists from intergroup/central offices, buying literature for newcomers, and keeping A.A.'s General Service Office afloat to help carry the message to places and in ways individual members can't. A staple at just about every A.A. meeting, A.A.'s "hat" has expanded considerably with the advent of the Contributions Online feature, supplementing and augmenting the ability of A.A. members to participate in Tradition Seven.

"Whatever the delivery method, and whatever the amount," says Phyllis H., G.S.O.'s general manager, "we are always deeply grateful for the contributions we receive from A.A. members and groups. Self-support is what keeps us all going throughout the Fellowship, and if we can offer another way to participate in the Seventh Tradition we're happy to do that."

Over time, the Fellowship has gotten more and more comfortable with digital services and G.S.O. is constantly evaluating new ways of utilizing technology to benefit A.A. members. Earlier in the year, one such evolution came to pass for the Contributions Online feature with the addition of a "Recurring Contributions" option — a new method for contributing to A.A.'s General Service Board, which automatically submits a contribution at a future date according to a schedule and in an amount designated by the member or group making the contribution.

"The idea for the Recurring Contributions option was first discussed during the planning stages for implementation of the Contributions Online system a number of years ago," says Don Meurer, G.S.O.'s chief financial officer. "But the project team ultimately decided to defer this feature in order to better manage the scope of the initial project."

Now that the original system has been in place for over four years, with any of the early glitches worked out long ago, it seemed to be time to implement this further evolution to the system.

"Development was completed early in the year," says Don, "and in April 2014 the Contributions Online system was upgraded to include the new Recurring Contributions feature."

So, how does it work?

All it takes is an account in the Contributions Online system and a Recurring Contribution can be made by either an individual or a group. In addition to the amount of the contribution, three pieces of information are needed to set up a Recurring Contribution: the starting date for the contribution (month/day/year), the frequency of the contribution (monthly/quarterly/annually), and the end date — the last date that the contribution will be submitted. (A Recurring Contribution can be set up with "no end date," which means that it will continue to be processed until the member changes it.)

Once a Recurring Contribution has been set up, the system will automatically submit future contributions according to the information provided by the contributor, though members may change, terminate, suspend (or resume) any Recurring Contribution by logging into their account. Additionally, the Contributions Online system will send an email notification when a Recurring Contribution has been processed in accordance with the contributor's schedule.

All in all, this new wrinkle on a very old Tradition offers members the flexibility to practice the principle of self-support for today — and tomorrow — all in one transaction. Like the familiar saying often heard at meetings around the world, this new option is just one more way of encouraging members — both newcomers and oldtimers alike — to "keep coming back."

# C.P.C./P.I. Open Forum Format Carries the Message

Some years ago, when A.A. member Marty C. was living in the Northern Wisconsin/Upper Peninsula of Michigan area, serving as the Area 74 C.P.C. chair, about a year into his service rotation he reached a point of frustration. "No one had invited me to do any workshops in any of our districts," he said, voicing his frustrations to his sponsor and a few other members of the area committee.

Their response? "Why do you have to wait to be asked — just do something," they said.

"This response got my wheels turning," Marty said, and he began sharing an idea that he had with other members of the C.P.C. committee. The response was overwhelmingly positive and Marty and the committee set to work.

They decided to hold a C.P.C./P.I. Open Forum in Green Bay, Wisconsin (Area 74, District 01). The forum, they hoped, would help to create an ongoing relationship between A.A. and the professional community in and around Green Bay.

Starting with \$200 of seed money from the area to cover room rental, food and printing costs, they secured a location and set a date. Invitations were issued to the Area 74 standing committee chairs: P.I., Treatment and

Corrections, along with C.P.C. Then a local judge from the Drug/DWI Court, a doctor, a probation and parole supervisor, and the director of a local treatment center were invited. Flyers were printed up and distributed throughout Green Bay's professional community. Information was posted on the district and area websites and emailed to all G.S.R.s and D.C.M.s in the area.

On the day of the event, the area C.P.C. display — stocked with plenty of literature — was set up in the meeting space and lunch was provided for all attendees. Rather than pass the basket, donation cans were laid out, which reimbursed the seed money plus a little more, which was donated back to Area 74. There were no travel expenses because the A.A. committee chairs all had area budgets that covered such costs, and all the professionals were local. So the event paid for itself — and there was more than enough food for everyone.

All in all, there were over 100 participants, which included A.A.s from around Area 74, six past delegates, one past East Central regional trustee, drug and alcohol counselors, nurses and others from the professional community. The mayor of Green Bay even showed up!

With the A.A.s and the members of the professional community intermingled, to solidify the sense of unity between the two groups, two tables were set up with a facilitator in the center, who presented C.P.C. and P.I. PowerPoint presentations and had a list of basic topics for discussion. He also explained what A.A. does and does not do. The panel discussion lasted about an hour and a half, followed by lunch and a question and answer period.

"It was a beautiful thing to witness P.I. and C.P.C. in action," said Marty. "When all was said and done, the A.A.s left with an understanding of what the professional community was up against and the professional community left knowing what A.A. was — and wasn't — and knowing that they had an ally in us in the fight against alcoholism."

Successful as the forum was, the story doesn't stop there. Not long after his experience in Green Bay, Marty moved to Jacksonville, Florida, and got involved in service there, helping the Northeast Florida Intergroup C.P.C./P.I. committee to put on a forum with the same format. And in January, at the Northeast Florida (Area 14) assembly, Marty got hold of a copy of an A.A. newsletter sharing C.P.C. and P.I. experiences and ideas from all over the country. He decided to submit an article about the open forum in Jacksonville and after sending it in received a phone call from the newsletter editor. The publication was located in Oklahoma City and the editor said he had had a similar idea for some time but just couldn't figure out how to pull it all together. He said that Marty's article had been like a lightbulb for him and asked if Marty could walk him through the stages of putting together a C.P.C./P.I. forum in Oklahoma City.

So, if you're sitting around like Marty was, waiting for an invitation that doesn't seem to be coming, a C.P.C./P.I. forum might be just the thing.

# A Celebration of the Big Book

When the Big Book turned 75 years old in April of this year, it was a cause for celebration for A.A. members around the world. After four editions, nearly 40 million copies sold, and countless alcoholics introduced to recovery and a new life in sobriety, it was time to acknowledge the many years of faithful service put in by "our basic text."

Groups, districts, areas and individuals pitched in a number of ways to recognize the Big Book and its many contributions to the A.A. Fellowship. An awful lot of cakes were baked and decorated with the original Big Book design — and doubtless were devoured by happy, hungry and grateful A.A.s.

In Northern New Jersey (Area 44), a 75th Anniversary Celebration was held with talks about how the Big Book — the original first edition and the just-published commemorative edition — came about. The current area delegate also shared experience, strength and hope, along with a number of past delegates, area archivists and historians and a general service trustee currently serving on the A.A.W.S. Board. G.S.O.'s Archivist also addressed the gathering, sharing some of Bill W.'s own words on the writing of the Big Book, and G.S.O.'s Publishing director shared information on the actual printing of the commemorative issue.

Another celebration — and another cake! — took place in Manhattan and included a celebration of the 70th anniversary of the Grapevine, which occurred in June. The event was well attended with over a hundred people coming to hear the panel of four speakers: a past delegate from Area 49, an oldtimer A.A. member, a Grapevine director, and the magazine's senior editor. Three large lit-

erature tables were set up and the meeting — which was followed by fellowship, food, fun and cake! — closed by raffling off six 75th Anniversary Big Books and six 70th Anniversary Grapevines to lucky attendees.

In North Carolina (Area 51), lapel pins with a picture of the original Big Book cover were made and distributed to delegates and Conference members at the 64th General Service Conference. Jeryl T., a past delegate from Mid-Southern California (Area 09), shared this account of a unique celebration that spanned numerous states, countries and time zones: "Many of us wanted to do something to commemorate our appreciation as well as our solidarity in the recovery presented in the pages of the book. We thought long and hard on how we could all participate in some kind of event to bring attention to that gratitude and love for our lives. But, we could come up with nothing. So everybody went away deciding to celebrate in our own personal way.

"Then, suddenly, the thought came that we could all have a collective energy experience by simply doing the same thing at the same time. Like we do when we all recite one of the prayers used in our gatherings together in unison, we could do something in unison all over the area. In fact, we could do it across the state, the country, the world. That would be something..."

So, on April 10th, exactly 75 years after the Big Book, *Alcoholics Anonymous*, was published, at 10 a.m. Pacific time (11 a.m. Mountain time, 12 noon Central time, 1 p.m. Eastern time, 8 a.m. in Hawaii, etc.) A.A. members from all walks of life participated in 75 seconds of silence to honor the comfort this book has brought to uncounted millions of alcoholics, their family members and friends.

Whatever the celebration — with cake or without — A.A. members shared in gratitude all that went into publishing the book that has meant so much to so many for so long.

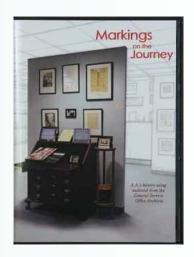
## New from G.S.O.



P-84; .30 ea



Revised P-45; .08 ea



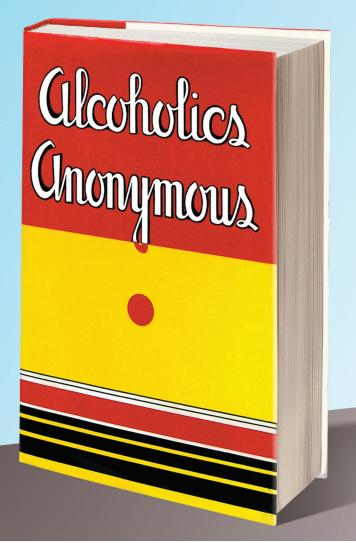
Revised, 35 min. DV-01; \$10.00 ea

# The 75<sup>th</sup> anniversary commemorative edition of the Big Book

A.A. World Services, Inc. announces the publication of the only A.A.W.S.-authorized reproduction of the first edition of *Alcoholics Anonymous*. This edition is a faithful replica of the original, with the famous "circus cover" dust jacket and bulky paper (which is why it was initially called the Big Book).

To commemorate the 75th anniversary of the historic publication of *Alcoholics Anonymous* in April 1939, the 2013 General Service Conference approved the creation of this facsimile edition of the first printing of the first edition.

Available to order today!



SHIPPING INFORMATION (Please print)			
Name			
Address*			
	State/Prov		
Zip Code			
Daytime phone ( )			
**E-mail			
Name of Group Group location, City			
State/Prov.			
Ordered by			
BILLING ADDRESS (only if different than shipping address)  Name			
Address			
City	_State/Prov		
Zip Code			
Daytime phone ( )			

UNII QUANIIIY UNII PRICE	lotal Number Ordered			
1-19 \$12.00 20-99 \$11.28	Total Price			
100-199 \$10.56 200 or more \$9.84 The shipping charge is based on the total value of the order. It is calculated on a sliding scale as follows:  ORDER COST SHIPPING Up to \$50.00 \$10.00 Over \$50.00 & up to \$250.00 15%	Shipping Fee  Orders on Account: Add 6% Handling Charge  Canadian Orders: Add 5% GST/HST if applicable NY State Sales Tax add 8.875% (NY State residents only)			
Over \$250.00 & up to \$500.00       12%         Over \$500.00       N/C	GRAND TOTAL			
PAYMENT INFORMATION				
CHECK / Make check payable to: A.A. WORLD SERVICES INC.				
ORDERS ON ACCOUNT / Note: \$25 minimum; 6% handling fee for all orders on account.  Please pay by check or credit card to avoid this extra fee.				
CREDIT CARD Usa Mastercard Amex				
Card #				
Exp. date/ Signature _  MAIL TO: A A WORLD SERVICES INC. P.O.	Box 459, Grand Central Station, New York, N.Y. 10163			

**QUANTITY DISCOUNT INFORMATION:** 

Items and Ideas on Area Gatherings for A.A.s—Via G.S.O.

Fall 2014

#### Calendar of Events

Events listed here are presented solely as a service to readers, not as an endorsement by the General Service Office. For any additional information, please use the addresses provided. Please note that we cannot attest to the accuracy, relevancy, timeliness, or completeness of information provided by any linked site. Please note that we cannot attest to the accuracy, relevancy, timeliness, or completeness of information provided by any linked site.

## September

- 5-7—Meriden, Connecticut. 56<sup>th</sup> Area 11 Conv. Write: Ch., 112 E. Main St., Meriden, CT 06450; area11convention@ct-aa.org
- 5-7—Chilliwack, British Columbia, Canada. 32<sup>nd</sup> Chilliwack Roundup. Write: Ch., Box 134, Chilliwack, BC V2P 6H7
- 5-7—Gatineau, Québec, Canada. 17<sup>e</sup> Congrès du Dist. de 90-22. Écrire: Prés., 1194 Boul. St-René ouest, Gatineau, QC J8T 6H3; www.aa-quebec.org/region90
- 5-7—Penang, Malaysia. Penang Lighthouse Conv. Info: aapenang@gmail.com
- 12-14—Santa Maria, California. Central Coast Roundup. Write: Ch., Box 1892, Santa Maria, CA 93456; www.centralcoastroundup.org
- 12-14—Westlake, California. 36<sup>th</sup> Ventura County Conv. Write: Ch., Box 1087, Simi Valley, CA 93062; www.vcaac.org
- 12-14—Taos, New Mexico. Taos Mtn Fiesta. Info: www.taosmountainfiesta.org
- 19-21—Big Lake, Alaska. AK Adv. for Women. Write: Ch., 19312 Iris St., Chugiak, AK 99567; www.alaskaadvanceforwomen.com
- 19-21—Wichita, Kansas. 57<sup>th</sup> Area 25 State Conf. Write: Ch., Box 14764, Lenexa, KS 66285; www.kansas-aa.org
- 19-21—Duluth, Minnesota. 69<sup>th</sup> Duluth Roundup. Write: Ch., Box 16771, Duluth, MN 55816-0771; www.duluthroundup.org
- 19-21—Myrtle Beach, South Carolina. 19<sup>th</sup> SE Woman to Woman Conf. Write: Ch., Box 2303, Aiken, SC 29802; sew2w@aol.com
- 19-21—Rimini, Italy. 30<sup>th</sup> Conv. Info: www.alcolistianonimiitalia.it
- 26-28—Crescent City, California. Sobriety by the Sea. Write: Ch., Box 871, Crescent City, CA 95531; www.sobrietybythesea.com
- 26-28—San Diego, California. 63<sup>rd</sup> So. CA Conv. Write: Ch., 8890 19<sup>th</sup> St., Apt. 360, Rancho Cucamonga, CA 91701; ww.aasocal.com

- 26-28—Grand Junction, Colorado. ColorDaze. Write: Ch., 1005 N. 12<sup>th</sup> St., Ste. 107, Grand Junction, CO 81501; www.colordaze.com
- 26-28—Somerset, New Jersey. 58<sup>th</sup> Area 44 Conv. Write: Ch., Box 13, Dover, NJ 07801; www.nnjaa.org
- 26-28—Isla Verde, Puerto Rico. SE Reg. Forum. Write: Forum Coord., Box 459, Grand Central Station, New York, NY 10163; Regionalforums@aa.org
- 26-28—Harrisonburg, Virginia. Shenandoah Valley Roundup. Write: Ch., 618 N. Beverly Ave., Covington, VA 24426-1314
- 26-28—Colville, Washington. NE WA Roundup of Recovery. Write: Ch., Box 1161, Colville, WA 99114

#### October

- 2-5—Phoenix, Arizona. 9<sup>th</sup> Seniors In Sobriety Internat'l Conf. Write: Ch., Box 11111, Prescott, AZ 86304-1111; www.seniorsinsobriety.org
- 3-5—San Diego, California. 40<sup>th</sup> Woman to Woman SD Conf. Write: Ch., 2144 Balboa Ave., #6, San Diego, CA 92109; www.womantowomansandiego.com
- 3-5—McCall, Idaho. Area 18 Fall Assembly. Info: www.idahoarea18aa.org
- 3-5—Troy, Michigan. 27<sup>th</sup> Tri-County Conf. Write: Ch., Box 4324, Troy, MI 48099; www.3countyconference.com
- 3-5—Grand Forks, North Dakota. ND State Roundup. Write: Ch., Box 13663, Grand Forks, ND 58208-3663; www.grandforksaa.org
- 3-5—Bend, Oregon. OR State YPAA. Write: Ch., 61535 S. Hwy. 97, Ste. 9-122, Bend, OR 97702; www.osypaa2014.org

- 3-5—Kranjska Gora, Slovenia. 3<sup>rd</sup> Internat'l Conv. Info: aaconvention.slo@gmail.com
- 9-12—King of Prussia, Pennsylvania. 18<sup>th</sup> Nat'l Archives Workshop. Write: Ch., Box 216, Lionville, PA 19353; www.aanationalarchivesworkshop.com
- 10-11—Allegany, New York. Day of Learning. Write: Ch., Box 421, Olean, NY 14760; www.area50wny.org
- 10-12— Morrilton, Arkansas. ARKYPAA XXXII. Write: Ch., Box 250309, Little Rock, AR 72225; www.arkypaa.org
- 10-12—West Des Moines, Iowa. Area 24 Fall Conf. Info: 2014fallconfchair@aadesmoines.org
- 10-12—Nashville, Tennessee. 40<sup>th</sup> ILAA Conf. Write: Ch., 214 2<sup>nd</sup> Ave. N., Ste. 1, Nashville, TN 37201; www.ilaa.org
- 10-12—Lynden, Washington. Area 72 Assembly. Info: www.area72aa.org
- 10-12—Angels City, Philippines. 19<sup>th</sup> Fall Roundup. Write: Ch., 9-26D Bertha St., Balibago, Angeles City, Pampanga, Philippines; www.roundupangelescity.wordpress.com
- 16-19—St. George, Utah. 1<sup>St</sup> Okt-Sober Fest. Info: oktsoberfest@gmail.com
- 17-19—Jackson, California. Gold Country Roundup. Info: www.goldcountryroundup.com
- 17-19—Mackinac Island, Michigan. 26<sup>th</sup> Fall Wknd. Write: Ch., 1915 E. Michigan Ave., Ste. D, Lansing, MI 48912; www.aalansingmi.org
- 17-19—Greensburg, Pennsylvania. 74<sup>th</sup> Laurel Highlands Conf. Write: Ch., Box 6, Bovard, PA 15619
- 17-19—Custer, South Dakota. Big Book Comes Alive in the Black Hills. Write: Ch., Box 495, Custer, SD 57730

#### Planning a Future Event?

To be included in the Box 4-5-9 Calendar, information must be received at G.S.O. three months prior to the event. We list events of two or more days.

For your convenience and ours — please type or print the information to be listed on the Bulletin Board page, and mail to Editor: Box 459, Grand Central Station, New York, NY 10163 or literature@aa.org

Date of event: from	to	, 20
Name of event:		
Location:		
	CITY	STATE OR PROVINCE
Address to list:		
	P.O. BOX (OR NUMBER AND STREET)	
CITY	STATE OR PROVINCE	ZIP CODE
Web site or E-mail:		
	(NO PERSONAL E-MAIL ADDRESSES)	
Contact person:		
NAME	PHONE # AND E-MAIL	

- 17-19—Salt Lake City, Utah. VII Conv. Hispana de Estado de UT. Para Info: Com. Org., 1382 S. Utahna Dr., Salt Lake City, UT 84104
- 17-19—Ottawa, Ontario, Canada. 63<sup>rd</sup> Eastern ON Fall Conf. Write: Ch., 30 Lavergne St., Unit 2, Ottawa, ON K1L 5G3; http://fallconference.ottawaaa.org
- 24-26—Orlando, Florida. Space Coast Area Campout. Write: Ch. 1270 N. Wickham Rd., Ste. 16, Box 114, Melbourne, FL 32935-8300
- 24-26—Bossier City, Louisiana. 69<sup>th</sup> Tri-State Conv. Write: Ch., 2800 Youree Dr., #362, Shreveport, LA 71104; www.aa-shreveport.org
- 24-26—Branson, Missouri. Colors of Fall in the Ozarks. Write: Ch., Box 93, Carthage, MO 64836; www.wamo-aa.org
- 24-26—Buffalo, New York. 73<sup>rd</sup> Buffalo Conv. Write: Ch., Box 184, Tonawanda, NY 14151; www.buffaloaany.org
- 24-26—King of Prussia, Pennsylvania. 26<sup>th</sup> NE Woman to Woman Conf. Write: Ch., Box 11294, Philadelphia, PA 19136; www.newomantowoman.org
- 24-26—Pughtown, Pennsylvania. Downingtown Young People's Conf. Info: www.dypcaa.org
- 24-26—Killeen, Texas. Area 68 Fall Assembly. Write: Ch., Box 2876, Harker Heights, TX 76548; 2014fac@texasdistrict5.com
- 24-26—Qawra, Malta. 9<sup>th</sup> Internat'l Conv. Info: www.aamalta.org
- 30-2—Honolulu, Hawaii. HI Conv. Write: Ch., Box 23434, Honolulu, HI 96734; www.annualhawaiiconvention.com
- 31-2—Cockeysville, Maryland. Area 29 Fall Conv. Write: Ch., Box 224, Mt. Airy, MD 21771; www.marylandaa.org
- 31-2—Hyannis, Massachusetts. Big Book Step Study Conv. Write: Ch., Box 23, Norwood, MA 02062; www.bbssconvention2014.com
- 31-2—Dallas, Texas. TX State Conf. of YPAA. Write: Ch., Box 122321, Arlington, TX 76012; www.dfwtxscypaa.com
- 31-2—Repentigny, Québec, Canada. 32<sup>e</sup> Congrès des Dist. 90-08 et 90-18. Infos: www.aa-quebec.org/region90

#### November

- 7-9—Framingham, Massachusetts. 51<sup>st</sup> MA State Conv. Write: Ch., Box 248, Arlington, MA 02476; mastateconvention@aaemass.org
- 7-9—Texarkana, Texas. 69<sup>th</sup> Texarkana Conv. Write: Ch., Box 7176, Texarkana, TX 75505;
  - www.texarkanaanniversaryconvention.strikingly.com
- 7-9—Wenatchee, Washington. Wenatchee Valley Roundup. Info: www.wenatcheevalleyroundup.org
- 7-9—Yarmouth, Nova Scotia, Canada. 36<sup>th</sup> Lighthouse Roundup. Write: Ch., Box 31, Cornwalls, NS B0S 1H0; www.area82aa.org
- 13-16—Helen, Georgia. 35<sup>th</sup> Chattahoochee Forest Conf. Write: Ch., 311 Jones Mill Rd., Statesboro, GA 30458
- 14-15—Wichita, Kansas. 31<sup>st</sup> Fall Roundup. Info: www.wichitafallroundup.com
- 21-22—Trois-Rivières, Québec, Canada. 41<sup>e</sup> Congrès de Trois-Rivières. Écrire: congres3rivieres@gmail.com
- 21-23—Cape May, New Jersey. 8<sup>th</sup> Waves of Sobriety Roundup. Write: Ch., 199 New Rd., Ste. 61-256, Linwood, NJ 08221; www.wavesroundup.com
- 28-30—Charlotte, North Carolina. 9<sup>na</sup> Conv. Hispana de NC. Info: IXcon.ednc2014@hotmail.com

#### December

12-14—Birmingham, Alabama. Magic City Roundup. Write: Ch., Box 550058, Birmingham, AL 35255; www.magiccityroundup.com

#### January

- 2-4—Owatonna, Minnesota. 33<sup>rd</sup> Recovery, Unity, & Service Conf. Info: www.area36.org
- 15-18—Raleigh, North Carolina. Tar Heel Mid-Winter Conf. Write: Ch., Box 18412, Raleigh, NC 27619; www.tarheelmidwinter.org
- 16-18—Annapolis, Maryland. 4<sup>th</sup> Annapolis Area Intergroup Conv. Write: Ch., Box 2267, Annapolis, MD 21404; www.annapolisareaintergroup.org
- 16-18—Bismarck, North Dakota. Rule 62 Rendezvous. Write: Ch., Box 1497, Bismarck, ND 58502; www.rule62rendezvous.org
- 16-18—Galveston, Texas. 53<sup>rd</sup> SETA Conv. Write: Ch., Box 8189, Galveston, TX 77553; www.aa-seta.org
- 30-1—Hilton Head Island, South Carolina. 35<sup>th</sup> Hilton Head Mid-Winter Conf. Write: Ch., Box 6256, Hilton Head Island, SC 29938; www.hiltonheadmidwinterconference.com
- 30-1—Midland, Texas. XXXI Reunión Zona Norte de TX. Para Info: Com. Org., Box 5885, Midland, TX 79704
- 30-1—Oostende, Belgium. 26<sup>th</sup> North Sea Conv. Info: nsc@aa-europe.net

## February

- 5-8—Palm Springs, California. 51<sup>st</sup> Internat'l Women's Conf. Write: Ch., Box 2535, Palm Desert, CA 92261; www.internationalwomensconference.org
- 13-15—Monterrey, Nuevo Leon, Mexico. XI Conv. Mexicana. Para Info: www.aamexico.org.mx
- 20-22—Somerset, New Jersey. NE Reg. Svc. Assembly. Write: Ch., Box 315, South Bound Brook, NJ 08880; www.neraasa2015.org
- 20-22—Marble Fall, Texas. CFC Conf. for Area 68. Info: cfc@aa-swta.org
- 20-22—Yokohama, Kanagawa Prefecture, Japan. 40<sup>th</sup> Conv. Info: www.aajapan-40th.org/english/
- 27-1—Julian, California. 29<sup>th</sup> Live and Let Live Lesbian Roundup. Write: Ch., 1711 Parrot St., San Diego, CA 92105; www.gmsr.org/llllr