

Clean Air North Group Inventory Questionnaire Results



November 22, 2020

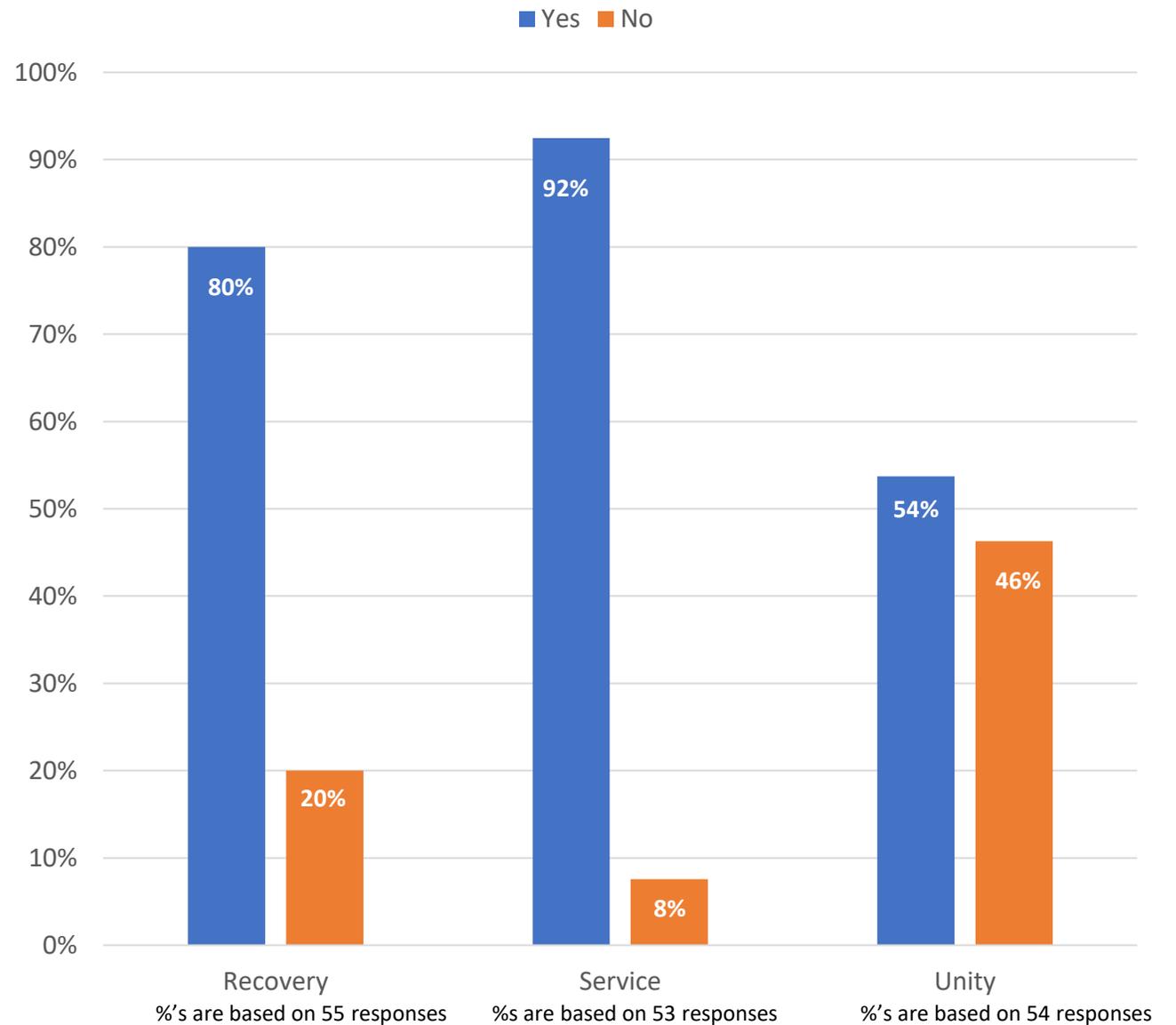
Overview



How It Works

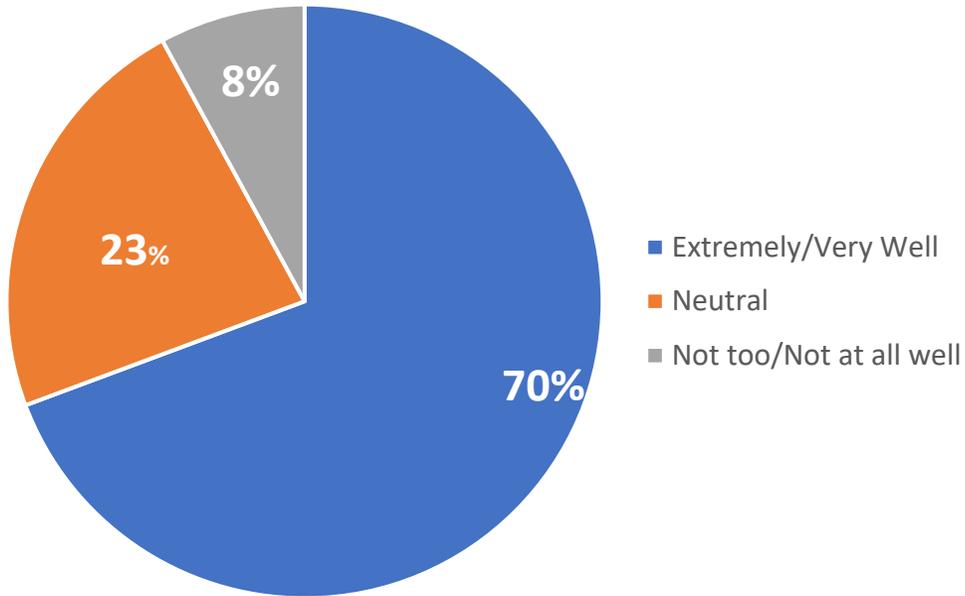
- The Group Inventory questionnaire was constructed, administered and tabulated by a committee made up of Juli W (GSR), Brook W (Alt. GSR), Ralph S (member) and Kris D (member)
- A total of 56 responses were collected from October 3-22, 2020, via online questionnaire (51 responses) and paper questionnaires (5 responses)
 - Not everyone answered all questions, so where you see percentages, those are based on the number of people who answered that question, with the exception of the verbatim responses for “CAN does best” and “CAN could do better.”
- The questions asked are included in the appendix
- Responses to all questions are included in this document
- CAN members were specifically asked to mention 3 things that CAN does well, 3 things that CAN could do better and given the opportunity to add any other comments that they wanted the group to address in the inventory process.
 - These responses were grouped together as “Things that CAN does well,” “Things that CAN could do better” and “All other mentions”
 - For ease of understanding, within these 3 broad categories, responses were grouped into smaller, more specific categories. There were a total of 109 comments about things CAN does well and 140 comments about things CAN could do better.
 - Since everyone had the opportunity to provide up to 4 responses, where you see percentages for these categories, they are based on the total number of comments, rather than the number of people who answered the question.
 - The following responses were contained in the data, but were not included in the analysis:
 - “N/A”
 - “Same as above”

Does our group
do its fair share
toward
participating in
the purpose of
A.A. as it relates
to our Legacy
of...



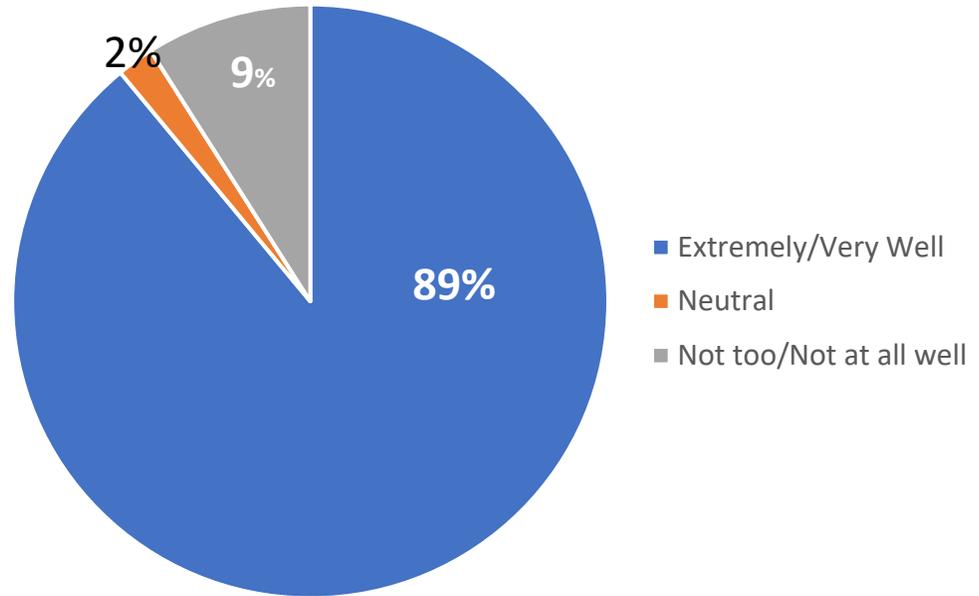
Detailed responses can be found on pages 11-19

How is our group fulfilling its responsibility to the Seventh Tradition?



How well do we as a group emphasize the importance of sponsorship?

Detailed responses can be found on pages 20-21



Things CAN Does Best

Detailed responses can be
found on pages 28-38

Percentage of Response...

Recovery	19%
Service	17%
Solution	7%
Unity	7%
Fellowship	7%
Welcoming	6%
Facility	5%
Sponsorship	4%
Newcomers	3%
All other	24%

What is the 1st/2nd/3rd thing CAN does best?

What else would you like to add to Clean Air North's inventory?
CAN Does Well Mentions

Things CAN Could Do Better

Detailed responses can be
found on pages 39-53

Percentage of Responses...

Group Conscience	16%
Unity	11%
Attitudes we should have (but don't)	10%
Chairpeople	8%
Newcomer needs	7%
Meetings	9%
Service	6%
Rotation/Who runs the group	5%
Locks	4%
Traditions	4%
Communication	3%
All Other	18%

What is the 1st/2nd/3rd thing CAN could do better?

What else would you like to add to Clean Air North's inventory?
CAN Could Do Better Mentions

Detailed responses can be found on pages 39-53

Detailed Responses*



*All Responses are verbatim from the questionnaires. No grammatical changes were made. This was done to respect the authenticity of the answers and the inventory itself.

What is the basic purpose of our group?

to help the next alcoholic who is still suffering and practice the principles of AA in all of our affairs and follow the traditions.

To help the alcoholic who still suffers
carry the message to the alcoholic that still suffers

To share our experience strength and hope with the newcomer.
AA Group's primary purpose is to carry the AA message to the alcoholic who wants to get sober.

To never drink alcohol again.

To stay sober and help other alcoholics stay sober.
To provide a place for alcoholics that are willing to do something different, the tools and experience we have had that have led to sobriety; and a place for us to come together through fellowship to carry this message!

To carry the AA message of recovery to alcoholic who is still suffering.

To help the alcoholic who still suffers and support those people who continue to strive for a healthy sobriety.

To stay sober and to help alcoholics who still suffer.

To help current members stay sober from alcohol and to help alcoholics who still suffer

To help each other and newcomers to recover from alcoholism.

To help alcoholics get sober and stay sober. Introduce them to the 12 step program so they may learn to live a loving and peaceful life through their higher power .

To carry the message.

To help other alcoholics achieve sobriety

To bring the message to the alcoholic who still suffers.

To carry the message of AA to all who need or seek it.

To help others achieve sobriety

To help the alcoholic that still suffers.

To recover from alcoholism. To share our experience with the fellowship and to help others recover from alcoholism in a friendly, loving, and non-judgmental way.

to be a safe place for people to come who have a desire to stop drinking
Carry the message to the alcoholic who still suffers. However, at times, it seems like it is to forward the founding members of CAN's agenda and original parameters of CAN, even though the membership has changed throughout the years.

To help the newcomer

I believe it should be as the book states, to help the alcoholic who still suffers and to be there to help him.

Help others to recover from alcoholism.

What is the basic purpose of our group? (cont.)

It used to be about carrying the message of recovery and finding a higher power but it has devolved into arguments over hybrid meetings (Zoom meeting broadcast in the in-person meeting) and wearing masks. We finally got it resolved that no in-person meeting has to be a hybrid meeting which was a real contentious point for months. Zoom meetings are not secure and not closed meetings. We have both our Zoom access code and password posted on the window at the group so anyone can log in even if they don't have a desire to stop drinking.

To carry the message to the alcoholic who still suffers.

To carry the message to the alcoholic who still suffers.

stay sober and help other alcoholics to achieve sobriety.

The Basic Purpose of Clean Air North (per Tradition 5) is to carry the message of recovery to the alcoholic who still suffers. Nothing more, nothing less. The reason that I became of member was the emphasis on service work, H and I work, and emphasis on getting the newcomer involved in the program of recovery.

To support sobriety and share our courage strength and hope - learn the principles

Carry the message

To be open, relatable and hopeful to all suffering from Alcoholism

To provide a physically and emotionally safe place, and a structured schedule for helping alcoholics to get and stay sober and grow spiritually.

To help others with a desire to stop drinking

To stay sober and help other alcoholics achieve sobriety based on the 12 Steps and 12 Traditions.

To help people recover and remain recovered from alcoholism

Hopefully to carry the message to as many people as possible I believe the rooms should have more meetings. Different variety, as bill sees it. Or promises. Or just topic. We are paying rent why should the room be empty and have limited meetings. Everyone has different schedules let us accommodate as many as possible. I have been told the opinion is that it will dilute the present meetings. That is not the case. A women's big book was started on a Tuesday evening at 6:00 and it had 20 people from the beginning. And every week after and then someone decided it wasn't started correctly and the closed it. That was very upsetting to many especially 2 groups of newcomers from a recovery house.

To carry the message to the alcoholic

Service and helping people stay sober

to help us, and for us to help others, get and stay sober

To carry the message and help others recover!! To be open and available!
to get and stay sober; to help the other alcoholic who suffers; to be there when the hand reaches out

To carry the message to the alcoholic who is suffering

Carry the AA message of how we get and stay sober to the alcoholic who suffers, both new and existing alcoholics

to help others stay sober. to be of service to the newcomer. to carry the message of AA

To carry the message to the still suffering alcoholic

To support people's recovery from alcohol addiction and to share experience to all who express a need or desire.

Does our group do its fair share toward participating in the purpose of A.A. as it relates to our legacy of Recovery? - YES

Our meetings focus on the solution not our daily problems.

Because despite all the turmoil over the pandemic, we had people on both sides that were passionate and committed to reaching alcoholics that were suffering or on the cusp of relapsing. We simply had a different level of comfort around HOW to do that.

CAN is a solution-oriented group, focused on each other's recovery. CAN stays focused on the solution to the problem of inebriety. The group does not stray into other issues and continually promotes the actions required to become and remain sober.

During this current restrictive climate, I believe our group did the best they could to continue carrying the message of recovery. In a very short amount of time they jumped at the task of getting our group on zoom and creating a new method of communication through the website.

Good application of the Steps and supporting content, experiences, sponsorship

In two and a half years attending AA at CAN, I have been through the steps, have had encouragement to get involved in service positions, and seen people work to keep the group going in challenging times, doing what they believe is the best way to do that.

I've seen CAN organize food trees for those in need, do visits to the AA who's still suffering, lovingly support a newcomer w growing pains, an old-timer w growing pains, and offer nonjudgmental patience with the tiresome. The group is a much better person than I am.

lots of long term sobriety. good representation of newcomers - seeing many stay sober and grow. focus on solution remembering our 12 steps and traditions

Friendly, Loving, caring, family

"fair share" is a broad term. we can do better, I'd say I would grade us "fair" currently. I'd say its a mixed bag...you have some members that do and a ton of members that do nothing. Just like most of humanity.

I see it in every meeting

CAN's extensive meeting schedule, online and in person, demonstrate the extent CAN takes to be available to all recovering alcoholics

For the most part, we participate in our primary purpose and these 3 legacies. The pandemic of 2020 has caused our group to splinter and form a new group, but I pray we observe unity and come together as one again.

I am new less than a 30 day member but the three legacies are very present.

Recovery-there an emphasis on formally working through all 12 steps and sponsorship- yearly step studies for men and women are available. Yearly Step Studies for men and women AND sponsors who know how to work sponsees through the 12 steps formally.

Our members participate in service work by taking meetings to treatment centers and to jails. We welcome newcomers and try to include them in our post meeting activities as well as getting their phone number and giving them ours.

Our format is based on the Big Book of Alcoholics Anonymous and we talk a lot about the need to work the steps with a sponsor...our group is solid in its approach to recovery---both the steps and the traditions.

Because we do all three.

CAN is a very solution oriented group in meetings/shares. The sponsorship and fellowship amongst existing members is very strong and newcomers are always met with resources and welcome.

It's my experience

I see people newly sober recovering and people with long term sobriety focused on not only not drinking but emotional sobriety as well

Hard to say bc of Covid, but there's great support with the core group of members who reaches out to me when I was getting sober. The group sticks to the literature and the meetings are solid recovery vs the "how are you doing" topic meetings

Usually focus on the solution remembering our 12 steps and traditions. Long term sobriety as well as newcomers are well represented. Fellowship of members occurring outside the room for celebrations, times of support, funerals, court dates and meals pre-pandemic.

We have a strong emphasis on sponsorship and following the 12 Steps. The group is responsive to newcomers and genuinely is interested in their sobriety. We are supportive of each other.

Does our group do its fair share toward participating in the purpose of A.A. as it relates to our legacy of Recovery? – YES (cont.)

People with long term sobriety tend to be very committed to recovery and model that attitude and behavior to newer people.

Since being a member of CAN I have always seen others carry the message and be involved in service at many levels.

Solution oriented Lots of service opportunities Great fellowship

I believe recovery is possible from what I've experienced at this group

We advocate sponsorship and service at every meeting and we have monthly group consciences to make sure the group stays unified.

We are pretty good, of course we could improve. I love the celebration of sobriety milestones on Mondays and our longstanding tradition of sticking to AA literature for topics, and encouragement of sponsorship. Prior to the Covid shift, we had a division on Tues evenings where a women's meeting held 90 min before our general evening meeting resulted in lack of female membership attending the general meeting. Nearly every week, a new woman would attend the general meeting, and find a room filled with men. After speaking with my sponsor, I asked the women of this Tues evening to consider rotating participation to the general, so we could be available for the new women dropping in, and they declined stating the newcomer should next time come 90 min earlier. This division is a fracture of our unity that affects our ability to support our legacy of Recovery

Recovery is strong, but intolerant to alcoholics with drug addiction as well.

The group has long term members, helping newcomers and participating in service work.

We follow the traditions and principles

I believe that the group as a whole fulfills the legacy of service

I think we do a pretty good job in all areas. I believe the group, overall, practice the Traditions.

We have great examples of service throughout the group, and our sponsorship of newcomers is really good...however, our "unity" has been somewhat challenged during these COVID times, and it makes me sad. Why do certain folks have to get their own way? (Of course, I know why). It seems like many members have succumbed to personal preference, rather than the good of the group as a whole.

regular meetings that are solution-oriented; emphasis on sponsorship and fellowship;

There is a strong emphasis on working the program outlined in the literature.

There is an expectation that meetings stay on point - not therapy

I have experienced this from the members.

The group service is open to bringing new service opportunities. We talk about the solution in meetings. And we have plenty of events as a group.

Yes I love the way our group is in the book and only use conference approved literature, have step studies, do the step speaker meetings and traditions meetings. All of these things speaking to recovery.

Does our group do its fair share toward participating in the purpose of A.A. as it relates to our legacy of Recovery? - NO

The Unity is gone and it all started when [Group Member]* decided he had the power to change the lock on the group's door after we had an emergency group conscience meeting in March when the COVID-19 pandemic started. We have lost a large number of members over this one issue. Also, Zoom meetings don't promote unity in my opinion. Our in-person meetings are a symbol of unity however. We focus on recovery in the room, not sure about on Zoom.

to much politics and bleeding deacons

the hybrid meetings in my opinion are dividing the group. a group of few individuals ON ZOOM seem to be trying to force the hybrid meetings on the entire group. many people have voiced their opinion that people who attend the in-person meetings would prefer to not have the hybrid meeting setup. it is disrupting recovery and causing distraction in the meetings and why we attend AA meetings. IT IS A SIMPLE PROGRAM. I learned that in the rooms if you want to go to a zoom meeting you can do that the group offers it. if you want to go in person you should be able to do that and not be looking at a tv. it is taking away from recovery and there are anonymity concerns.

Doors were shut when those who wanted to carry the message still wanted to do so.

For recovery I think the group should have more meeting.

I think we have a handful of members in the group that force their will and ideas on the group as a whole. Our group closed despite a lot of people that were willing to be there for the newcomer during this pandemic.

The current focus seems to be more on what to do for newcomers, who might or might not make it, than maintaining functional/healthy group practices and good relationships with current sober members. The newcomer is important, but group unity and the longer-term member needs are more important. And the need to wear masks for the best interest of all, not being heeded by everyone. If we don't stay a healthy group, we can't help others

I feel like the same people are always in charge.

Regarding Unity: Under normal circumstances we do an excellent job. Due to Covid 19, our unity has been blasted. There has been much division regarding face masks and hybrid meetings. I understand the point of the hybrid meetings was to ensure group unity but it backfired. At some point in time we WILL become one group again. During Covid 19, I think the hybrid meetings were launched to control the uncontrollable, because the reality of our circumstances with Covid should have been accepted. People defying the mask mandate as agreed upon by the group conscious, further defeated our unity. I have to say, though, the men's meetings did extremely well with hybrid and Zoom combined. I wonder why the other meetings were in so much conflict.

My feeling is that our Unity has truly diversified as many have tried to be leaders and not servants

Because the group spent so much time arguing about zoom or not zoom that it completely ignored simple chances of service-the phone meeting for a 30 minute share. The group lost its focus completely to the point where people were judging each other. Not AA

Does our group do its fair share toward participating in the purpose of A.A. as it relates to our legacy of Service? - YES

I still feel like we can do a better job by providing more meetings at different times of the day.

Because CAN got very inventive and ingenious with NEW types of service. There have been telephone meetings, outside meetings, Zoom book studies and Zoom meetings. Maggies has joined other Zoom meetings. I have been to meetings in England and Ireland and Have gone to a WOMEN'S CONFERENCE!! Whoo hoo!! I haven't even considered that before and I have LOVED it.

Before Covid yes -since March no

Aside from the circumstances around COVID, there is a large and well organized system to carry the message to hospitals and institutions; as well as strong sponsorship tradition.

Because CAN does alot of service work.

This area is lacking in that only some participate in service. Those that do really exemplify the 12th step and then there are many others that do absolutely nothing. The ones that answer this call to action for a group inventory will be a good number to use as the ones who participate in group service most likely.

We do our fair share of outreach to treatment centers, prisons, jails, shelters and are strong on sponsorship.

I BELIEVE IT. I don't have evidence to support or deny my claim - I just think it is true

I can only speak to service within the group in this current climate because that is all I have knowledge of. Like I said before, the service of individual members of our group to move the group to entirely virtual then eventually a hybrid model was amazing. They did an amazing job. I don't attend group conscience and haven't been receiving the email updates, so I'm not sure what services our group is participating in at this time. Pre Covid our group had many opportunities to serve the AA community.

I don't have a good example, but it does seem like it.

I think we have a lot of outside service but like to see more service opportunities in the rooms. i.e. greeters

refer to service board

And some No We have many service commitments to outside groups and we live up to them. We carry the message no doubt. However, we haven't been as active in chairing meetings at our own group and being innovative during COVID to keeping in touch with treatment centers, etc.

We have a service board and actively promote service at the end of every meeting and we promote it through sponsorship.

Service opportunities are visible in the group and also communicated verbally

Service stressed as importance in our recovery and encouraged. Group really stepped up in pandemic to keep our meeting schedule going - both via zoom and in-person according to mandates. Service positions with-in the group operating on a rotation basis. Many members with active roll in community and Intergroup.

Sponsorship is strong at CAN.

the group promotes service opportunities. and members talk about the importance of service.

There are many service opportunities, and service is emphasized.

Under normal circumstances we absolutely did our fair share relating to our legacy of service. With Covid, we got creative as sponsors using Zoom to meet with sponsees. We did more meetings with them by phone. We reached out to newcomers on Zoom, offering our phone numbers. Meetings were held outdoors in parks, parking lots, and in front yards with folding chairs, using social distancing.

Are open to new ideas as long as they fit into the traditions

Does our group do its fair share toward participating in the purpose of A.A. as it relates to our legacy of Service? – YES (cont.)

Big focus on service and service opportunities. Announcements about service opportunities and recommendations to participate.

CAN has always had a culture of service participation. It is the topic at many meetings and our sponsor lines teach it, one generation to the next.

We offer many opportunities to participate in AA and the welfare of our group.

commitments

current outreach is more than adequate

We are trying to be of service with phone meetings to nursing homes. There are more people showing up to in-person meetings which I consider service. One of our members started a meeting in a park at the beginning of the pandemic and those meetings continue. That was a huge act of service.

I think we do as a group, but I think i could do more as an individual. I think we need to get more involved in getting group service opportunities together.

We have active and rotating chairs for local service positions and these chairs do a good job gathering support within group members to cover service meetings or other service commitments. Recently, a member brought a service commitment to Group Conscience (phone call meetings for elderly in the Boston area) and was told by elder members that this request is not something for the group to decide and as an individual, they are welcome to carry any service commitment they choose. I could benefit with some clarity as to what the line of demarcation is between an individual vs a group supported commitment. Similarly, at the onset of the Covid spread, CAN closed the physical doors to meetings, and a member mentioned the need to keep open and carry the message to hospitals or facilities if needed, because the book told us we are not to shy away from even the most sordid places. I understood that passage in the BB to reference the individual, while the traditions pertain to the group as a whole, with Trad 1 being our common welfare coming first. Giving us some guidance on where the guardrails are from individual vs group would be of great benefit for this alcoholic.

Many internal examples of helping individuals within the club, as well as taking meetings to prisons, treatment centers, etc.

carrying the message to the alcoholic and cooperation with the professional community/Public information which CAN has a number of commitments.

We regularly perform service duties to treatment facilities, prisons, etc.

Our group offers Opportunities galore to serve I have seen members excited about service and promoting it.

The members of CAN are very active individually and as a whole! There is a clear and positive theme at CAN which is to be welcoming and of service to he newcomer, to be of service to each other as well as the group as a whole.

Pre-Covid - great In-Covid - not so much, can seem burdensome to join a meeting, even zoom at time, much less take the message out to sufferers

many service opportunities available and made known. lots of members participating in service out in community in and out of AA

emphasis on working with others to help them achieve sobriety; a variety of service opportunities are available and encouraged both in the group and outside. Definitely financially, but also, rehabs and prisons. We work at Intergroup and the women have been going to Maggies for ever

We are continually trying to get better

We serve in many different areas

As a newcomer, I was encouraged to get involved in service, doing small things such as clean up the coffee area, take out trash, and straighten up chairs. As I got past a year, I was encouraged to chair meetings and seek a service position.

Yes - having attended several groups I see more people doing service work at CAN and it is probably due to a legacy being passed down from their sponsors

Does our group do its fair share toward participating in the purpose of A.A. as it relates to our legacy of Service? - NO

Everyone does service in different ways. It is not just go to recovery houses. It is leading the meeting. Showing up at a meeting. Greeting people. I believe we could create many more positions of service. Greeter, refreshments, phone list, clean up, literature, intergroup, grapevine

If there was a 'sort of' option, I would select it. Before the limitations of COVID, CAN was very service minded, but even then it was often hard to find people to maintain H&I commitments. In COVID, we have seen a dramatic drop, I feel, in people willing to chair meetings. The result being cancelled in person meetings, which is devastating given how much was put into keeping the room open and how much recovery has come out of the room over the years.

Does our group do its fair share toward participating in the purpose of A.A. as it relates to our legacy of Unity? - YES

It is true.

At times, I feel like it is ONLY for persons who have a solo addiction to alcohol and disregards members with co-existing addictions. I feel very welcome and I have observed much in the way of unity being valued.

We welcome visitors from other groups who are visiting, many of our members go to other groups also, which promotes unity in the area.

We have our struggles with factions/personalities, but the group as a whole is able to keep these issues in check by focusing on the newcomer/service to others.

we survived, thus far and with challenges, through the pandemic promptly making full meeting schedule available remotely initially and then adding in the in-person meetings per local mandates.

Because CAN participates in carry the message.

What I have observed through the pandemic is that CAN is much more unified than what some individuals may believe. We've come together to explore how we can keep our fellowship fruitful as well as be available to the newcomer. We have an informative website, zoom meetings, in person meetings, and members are kept informed by regular emails from the group. I'm impressed the lengths CAN has gone to keep us unified. For that I am grateful.

Birthday nights

Experience

Even though we have disagreements, we always come together. What unites us is much stronger than what divides us. Yes. We have regular CG meetings, Events for the whole group, like Fall Frolic, etc. and really take care of each other.

Monthly group conscience meetings and regular group inventories.

Although there are childish disagreements on how things should be run, I believe this group's membership sees the importance in where unity is placed in our focus

I believe our group tries to do this very well. Rarely are there occasions where I've seen a less than "fair" grade for our group. The times I have seen poor unity participation are during group conscience meetings.

Until the pandemic hit, we were one large group.

CAN encourages participation in groupwide events (Birthday Nights, Spring Fling, Weenies & Watermelon, Fall Frolic, and Thanksgiving and Christmas open houses) that bring together members from the various meetings. Group Conscience meetings maintain an objective of making decisions FOR THE GOOD OF THE GROUP. HOWEVER, the 707 meeting seems to follow guidelines contrary to those set down by the larger membership with regard to masks, food, chair arrangement, refrigerator use, informational materials and annual chips. This is not limited to 707 but it is consistent with this meeting.

Their is fellowship at every meeting

The meeting before the meeting. The meeting after the meeting. Step study for men. Birthday nights....etc We are surviving in this pandemic providing meetings both remotely and in-person, though challenging at times

Group is welcoming and supportive of all members; several opportunities for fellowship throughout the year.

We have been stretched a bit during COVID as many groups have but our older members and members that are involved seem to always keep the traditions at the core of our primary purpose.

This has been a challenge for the group due to the uncertainty over the proper precautions for Covid-19. We did have group consciences regarding how to handle the pandemic that were controversial. We found alternative ways to carry the message when the uncertainty was high. It was a lesson in acceptance to see some friends disagree and choose to attend other meetings.

I do believe we are United as well as can be expected from a group our size. All meetings follow the same format. having attended morning, evening, and women's meetings, I find the message to be consistent.

Again, yes and no. CAN has always had sub-groups (meeting times) that operated differently and had slightly different approaches to meeting formats and content. That said, we were still a unified group and nights like birthday night were always a great celebration. It was nice that you could find your 'place' in the group, your 'culture'. However, in COVID, the CAN 'governance' has felt heightened. There are group members that are some of the most dedicated to the group, but also seem that be controlling the group's future/ideology, limiting the group's ability to reach all of its original members. I do want to commend [Group member], [Group member] and [Group member] for their efforts to keep the unity of the group, and make up for the mess that was the first emergency group conscious meeting (not in any way CAN's fault. Regardless, they did a good job at trying to heal the wounds that stemmed from it)

Does our group do its fair share toward participating in the purpose of A.A. as it relates to our legacy of Unity? - NO

The CAN group is segmented by time of day, with different personalities in each. Moving meetings to a zoom format created yet another segment. I began attending CAN in 2005, and my sponsor told me to attend evening meetings because this is where the heartbeat of the group resides, and it was true then. I occasionally attend other times, and have noticed most of those at group conscious meetings are faces I know from the evening. Our primary purpose is our mission statement, and for any organization to survive, we have to all follow the same north star. I think the only time I hear about CAN's primary purpose is when we have a group inventory. We read the AA preamble in every meeting, but I don't think we have a philosophy to execute on group decisions that feed into our primary purpose. i.e. adding meetings to our schedule, moving to zoom platforms, re-opening the group's doors, creating a hybrid platform. As I reflect back, we bring a topic to the group, and it becomes emotionally charged, with members leaving the group conscious meeting with a feeling of winner/ loser or us-against-them. Our primary purpose is to be more than just an idea for us to unify, it needs to be what we do and then who we are.

Under normal circumstances we have done an excellent job. Under Covid 19 circumstances, we have not. Zoom was the simple solution for this. Letting people know to go to Zoom was the simple solution. Trying to manage the meetings before, and after Covid, at the same time, didn't work, with the exception of the men's meetings.

Our current group unity is far less than desirable. Sometimes it is just out the window (the "special called" Group Conscious meetings/ wearing of masks). Ongoing issues of unity, or lack of practicing the first traditions

We have NOT been respectful to one another in regards to how we each (in our own conscience with our sponsors and higher power) have decided to handle the pandemic and its limitations. We have factionalized. We have said very hurtful things. We have acted out with resentment and eye rolling and we have made statements that are not compassionate at all. We have members that have left because of this and gone to other groups. We have members that only meet on Zoom and some that only meet in person and we have not been able to unify. We are all still very angry and hurt at one another for what happened during the Spring with the GC decision to close the doors to our physical space. Key locks were changed. The clubhouse was vandalized. Signs and decisions were made that didn't reflect the WHOLE group.

People seem hung up on whether they have this sponsor or that sponsor and a huge amount of cult of personality. Some of it is childish entitlement (like moving to another group when the group conscience votes to follow the city and state guidelines for Covid) and some is destructive (racism on social media by people who should know better, cliqueness, and exclusionary behavior).

Very divisive attitude of group leaders in group conscience meetings. Most of the group was offended and left.

Lately, it's been hard to withstand the very strong opinions and drives that are real separators. Never have I seen a beating like this in the fellowship. I see us struggling to maintain the first and 12th tradition. I'm sorry to say it is a wedge for me. I hate to see the people I love and look up to abandon Clean Air North as a home group. This is a real calling to believe that God has a beautiful play. But as my mother used to say "honey, beauty is painful sometimes"

Individuals wanting to have their own way - or leaving. If it's to maintain their sobriety, I understand. But if it's to adhere to a divisive belief system (election propaganda regarding the COVID-19) I don't have a very good feeling toward them

I don't really know but I hear more in other groups about the service structure and area & national meetings

Does our group do its fair share toward participating in the purpose of A.A. as it relates to our legacy of Unity? – NO (cont.)

Tradition One is about the UNITY OF ALCOHOLICS ANONYMOUS; the spiritual entity. It is not nor has it ever been about the supposed physical health of a member with a political opinion on an outside, non-AA issue.

I refer back to [Group Member]* deciding that it was his right to change the lock on the front door of the group. There was no group conscience vote on this action and many people have left the group over this act. In my opinion it negates our group conscience completely and allows any member to do anything they want at any time. As an example, if I get tired of the vending machine (it often doesn't work) I can have it removed without any group conscience vote. That is just an example but you get my point. I'm not going to remove the vending machine.

Pre-covid - Yes. Group Conscious was painful, I didn't like participating in it, but necessary and I think the common good and focus on the alcoholic that still suffers was paramount In-covid - No. Somewhat understandable the group is fractured in-person and zoom, but meeting participation at all seems very low/down and the few that will meet in person are not split with Addison and other groups. The focus now seems to be on keeping apart physically, covid more important than alcoholism. Group C is a mess - low participation, low unity/momentum, no real solutions or empathy

Yes and no. There were always be people who break the rules. I believe there are nine signs in the building right now telling us things not to do of things not to do. Group conscience was awful. People argued with each other-got angry-judged. Ridiculous!!!!

politics we don't do that here

It seems that we have case of a few bleeding deacons, that do not rotate leadership. They seem to think the have all the answers. Want no new blood. Or new ideas. An example is no new meetings are allowed, they never want to let people start more meetings. How is it to grow. One in man in the group at group conscious yells out across the room at individuals and mentions them by name and says very hurtful and negative comments about the people and any new idea. No one stops him. This is not spiritual, not kind and not what aa is about. Someone was new to the group and was actually told by this member that they did not want her kind here. Clean air shows itself as very divided.

I'm super concerned about the division that has occurred in out group. I see a split and think zoom is the main cause of it. It provided a solution for a while but I believe if our group is going to survive it must say it's time to let zoom go! If zoom wants to continue is fine but I think clean air north needs to be a separate entity. I feel if we hang on to zoom the group will go under.

Unity has been really stressed since March, when the decision was made to close the doors. That said, it was probably already stressed at that time and Covid just brought it to the surface
As I stated before.. too many acting as leaders and have caused a split. Not unity

lots of the same leaders. It was hard as a new person to feel accepted when I transferred groups. It felt territorial.

AGAIN the hybrid meetings in my opinion are dividing the group. a group of few individuals ON ZOOM seem to be trying to force the hybrid meetings on the entire group.the motion that was passed in group conscience was the chair person has the option to setup a hybrid meeting if they wanted to. it was not mandatory now a few individuals seem to have forgotten that it was not mandatory. one member actually changed the locks on the door without telling anyone they were going to do that to shut down the group. group members on zoom in my opinion are trying to push their views on other members.

Some yes, of course or we wouldn't be doing this inventory nor would we have people to show up at meetings. Traditions, particularly 2 and 12 which then violate 1 seem to be arbitrary. Traditions a la carte. Two examples were ad hoc meetings when voted to close. Not wearing masks when voted to do so.. Lot of anger, angry words. Lost some of the spiritual unity that is the glue that holds us together.

Group Conscience decisions surrounding COVID closures seem to have been made arbitrarily, at the expense of listening to minority opinion.
I see a lot of divisiveness over the zoom & hybrid meetings which is awful for newcomers to see.

How can we better emphasize the importance of sponsorship?

As a whole, I think we do a good job. However, Zoom meetings present new challenges. We need to find ways of making it easier for newcomers to reach other members, including potential sponsors. My suggestions: a virtual newcomer packet, have newcomer chairpeople on Zoom meetings who would be responsible for gathering phone numbers and presenting them to the newcomers. Have anyone with less than 30 days introduce themselves and have people who are willing/able to be sponsors identify themselves as well, so that the newcomers are a little less intimidated.

Ask for volunteers for temporary sponsors at each meeting with a show of hands for willing participants.

By not focusing on the person who is sponsoring you but that you are sponsored, working the steps, and are sponsoring others. Period. We are not saints.

talk about it more and have another workshop on sponsoring

We do very well on the whole. However, knowledge/explaining the Traditions is lacking. For the most part we do well.

I think we do a great job. Suggestion, at the end of every meeting ask for whoever is willing to be a sponsor to raise their hands.

Maybe put more emphasis on implementing group conscience policy through good sponsorship.

More talk about it during the meetings from the leaders.

By continuing to reveal the ever present value of recovery. Sponsors aren't God but I mean, God certainly uses mine for my good. Sponsors aren't infallible. That's why God invented more than one drunk. Sponsors have a responsibility to be transparent and vulnerable. Truthful in the steps. Available when possible and with limitations. Perhaps instead of asking for a show of hands as part of our format (uncomfortable for those of us with limited time and or brain space) we could repeat the need for numbers and welcoming to the newcomer after the meeting.

Ask if any are willing to sponsor at the end of meeting AFTER the newcomers have received their packets w names on them

Hard to say. I'm not a fan of people raising their hands to be temporary sponsors but it at least lets newcomers know they need to get a sponsor. I know we have newcomer chairs who can discuss this

Continue to emphasize the importance of sponsorship.

Have a phone number list of available sponsors

i think the group does a great job that a sponsor is vital and crucial to recovery and working the twelve steps.

mention it during the chairperson's script and ask the group meeting who is willing to be a sponsor.

Keep working on getting better

Continue to share about our own sponsorship in meetings and if you hear someone sharing that they don't have a sponsor, go up to them after the meeting and offer to be their temporary or offer suggestions on how you found your sponsor.

Continue to share in meetings and with newcomers the value of both having a sponsor and being a sponsor.

have the 'who's willing to be a sponsor' question at each meeting to show the importance of it being "talked about" loud and clear each time.

get people who know the program experience not opinions

CAN does a great job at emphasizing the role of sponsorship

Have chairperson ask members to raise their hands if they are available to sponsor.

I would like to see every meeting conclude (as many do) with a show of hands of those willing to sponsor

It is hard to really get to know each other through zoom.

How can we better emphasize the importance of sponsorship? (cont.)

Possibly state at newcomer meetings how essential it is to have a sponsor and taking the twelve steps and the relationship is profoundly helpful to both. I've attended other groups that ask for those available to sponsor to raise their hands. Something to consider.

Sponsorship workshop is a great way to "teach" and mentor sponsors-which directly focuses on the importance of sponsorship.

This is a tough one. When someone strays in their behavior or sharing, I think we can tactfully ask if they attend meetings with their sponsor.

How about at the end of each meeting ask those willing and able to sponsor to stand or at least raise a hand, it will make it less awkward for the newcomer. And they can say a sponsor is important to get you started on the steps that we talk about.

Workshops

I think we are good here.

I don't know at this point.

Pre-covid - Good In-covid - Bad, but mostly because there are very few newcomers coming in OR members in person or zoom to reach out/sponsor and now split at CAN and Addison and other groups, but mostly just not meeting For the occasional newcomer in either meeting format, I hear lately we are 'smothering' them

The mind that created the problem can't solve it. We need to stress following the direction of someone who is successful in obtaining and maintaining sobriety, an exercise in being humble.

we could have a sponsorship workshop. At other meetings I've attended, they make an announcement to ask for people to raise their hand if they are willing to sponsor.

We used to have available sponsors raise their hands to let newcomers know who was available to sponsor. I would like to see that brought back. It was helpful for me when I came in to break the ice of going up to someone to ask. We emphasize sponsorship really well not sure how we could better.

no complaints here

I don't know.

I was encouraged to find a sponsor early, and was encouraged to take on sponsees after I had a year sober and the opportunity arose. I found that using readings from the Living Sober and the 12&12 that discussed sponsorship to be effective.

Remove all restrictions on in-person meetings. The recovered alcoholics who choose to attend can help the newcomers trying to come in the door.

The only way to increase emphasis on sponsorship is for more newcomers to feel connection enough to keep coming back. I hope we are diverse enough to attract anyone walking through the door.

We used to include in our chairperson's script that those available to sponsor, please raise your hand. I'm not sure why we no longer include that invitation

talk about it more often. another workshop on sponsoring.

I think CAN does it just fine.

How attractive is CAN to alcoholics from a variety of backgrounds?

Positive Comments

For me, I looked at location preferring close to my residence. I think we are very welcoming to all - more noticeable prior to the pandemic. I was made very welcome and that was "attractive" to me and have heard others make the same comment.

I believe minorities are comfortable. They are welcome here if they want to attend/participate

I don't see any barriers to anyone coming to our group. We have in-person meetings and are welcoming to all who attend. I know because I'm at most of these meetings.

I think CAN does a good job of doing this given our location and long term sobriety demographics. Reaching other backgrounds comes a lot from our service commitments especially with the corrections commitments

Not very. More yuppy like. Not down to earth enough

I think it is a great cross section of age and sobriety

I think it is good. I am regularly turned off during meetings as too much swearing is used.

I think we are very welcoming to All who come for help and have a desire for what we have. I do think in-person meetings we should have a "greeter" at the door. We need to continue to protect and make sure CAN stays a safe place for men and women from All walks of life and varying degrees of sobriety. It is imperative we are always watchful for predators and predatory behaviors and ensure a healthy and safe environment for all our members. Everyone is welcome here. Everyone is safe.

Not. Very white, close minded and not really tolerant of different perspectives.

I found that the group is welcoming. My experience as a newcomer was that I was listened to and encouraged to return to meetings. I found that openness on the part of existing group members to be attractive.

I believe we have a well diverse group. I think we could be more aware of the younger crowd and their needs

I don't think some people would be comfortable in Addison but I think our members would be accepting and friendly to anyone. We do better with young people than the group I got sober in

I think CAN is attractive to anyone from any background who is willing to try the AA way of life. People from all backgrounds have a variety of tastes and preferences. Some may find CAN attractive, some not. What is important is that we remain open to all people wanting to recover.

We are welcoming to all who enter the room.

I think pretty good. We tend to keep our primary problem, solution, and purpose at the forefront.

We are located in an affluent basically white area. We seem to do better, however, than some groups in attracting a wider variety of backgrounds, but I'm not sure how much is chance rather than active work at attracting other backgrounds. We have done harm by some members on Facebook posting racial, political and religious attacks. Does little to endear us.

Very attractive. CAN contains people from a variety of backgrounds, and is therefore attractive to a diverse audience

I believe our group is incredibly welcoming and inclusive of all people regardless of sexual orientation, race, or religious affiliation. I think some people may not feel comfortable being with such a homogenous group, but that would be a personal decision they would have to make and not because we weren't welcoming.

CAN does this incredibly well.

Can is welcoming to all alcoholics from various backgrounds.

We have members from different ethnic groups, but not a lot of people of color. I'm not sure how to make our group more attractive to people of color. I feel that, from what I have seen, that we make a conscious effort to be welcoming to those individuals. However, the fact that we eliminated a women's meeting that was self supporting and reaching a lot of women every week was VERY discouraging. We had two ladies attending that meeting from a nursing home and that was the only meeting they could attend. I was REALLY disappointed in our group.

Very attractive

I would hope we hold ourselves as attractive to any background - and I think the makeup of our membership validates that

We are OK with ranges of ages, and depth of alcoholic bottoms, but we lack ethnic diversity. CAN is predominantly an anglo group

Seem like we have a well rounded group.

we are very welcoming and that is what I found that attracted me. I've heard others say this too. attraction over promotion

How attractive is CAN to alcoholics from a variety of backgrounds?

Neutral Comments

As good as it can be in this area. I observed no issues in this with our group.

CAN membership closely matches the demographic composition of our area. Furthermore, I never see anyone excluded or ignored because of their sex, age, race, ethnicity, sexual orientation, income, education, occupation or nationality. Only bad behavior has been a cause for exclusion.

I would hope that all members are inclusive to any Alcoholic looking for help.

Not particularly, although that is an issue of location. The group is in an affluent neighborhood and difficult to access by public transportation. Group conscience and other events are difficult for members with alternative schedules.

This continues to be a tough one, due to the location of the group. That said, I do know that at least one African American person left the group a few years ago due to racist statements being made on Facebook by CAN members. We can't really police that, but when someone sees racist statements on social media, I can understand why they would not want to be around those people.

Attractive? People looking for meetings simply want to be respected and included.

I believe the sub-groups (707, women's, noon, Sunday meditation) allowed CAN to reach more people: people of different backgrounds, temperaments and histories. CAN is a very 'cleaned up', largely white, place. The homogeneity is palpable to me in meetings. Then again, we can't fish for diversity for diversity's sake.

It attracted me

Pre-covid - I'd only offer we could use some racial and hispanic diversity to better represent our market/community; but, age/socio/eco/religious/sexual/male/female was pretty good In-Covid - I think we've attracted 5-8 AM meeting in person and zoom newcomers I'm aware of

Due to our area we are somewhat limited in appeal to folks out of our domain

I think we are running a bit slim when I think of diversity. I might be biased by the impact COVID is having in my perspective, but I see pretty defined demographic and sociological groups represented

Not sure

doing okay

How attractive is CAN to alcoholics from a variety of backgrounds?

Negative Comments

CAN is a primarily moderate-income, white, straight group. Don't know if any effort is made to widen those demographics. I have observed certain individuals are subtly (sometimes not subtly), perhaps intentionally, discriminatory towards members who are not white or straight.

I know I didn't feel very welcomed when I came to the group. might be good to have greeters to welcome. be more open to inviting people to coffee or lunch after the meeting as a group.

NOT KIND, NOT WELCOMING WE SHOULD PUT A GREETER AT DOOR. PAY ATTENTION TO NEW FACES, TELL THE NEWCOMER THEY AARE WELCOME. STOP TALKING AMONG YOURSELF AND LOOK AROUND.

We are OK with ranges of ages, and depth of alcoholic bottoms, but we lack ethnic diversity. CAN is predominantly an anglo group

not good right now due to hybrid meeting situation. before covid it was great it was one the many reasons why i made CAN my home group. random people who come in are thrown off by the tv they are unaware of the hybrid meeting and it turns them off. i have seen it on several occasions.

I'm feeling we as a group should allow any and everyone with a spiritual malady seeking a solution to come and talk about what ever their problem is. If we are so week as to tell someone they can't find help with us, are we really relying on our one spiritual solution or are we living in fear that God is not big enough to allow us to help everyone seeking help!

We are located in an affluent basically white area. We seem to do better, however, than some groups in attracting a wider variety of backgrounds, but I'm not sure how much is chance rather than active work at attracting other backgrounds. We have done harm by some members on Facebook posting racial, political and religious attacks. Does little to endear us.

We aren't a very diverse group but I don't know what we can do about it. There are enough meetings that people can find what they want

its not

Non-existent for members with co-existing addictions.

We could be slightly more diverse, but given our location I feel we are as diverse as would be expected.

What more can our group do to carry the message?

I think we do a great job of carrying the message.

1. We need more people to quit whining about Zoom meetings vs. in-person and remember that God is in the ethereal as well as the physical. 2. Newcomers are coming in via Zoom. We need to be sure the Zoom meetings are chaired as well as in-person. Zoom meetings aren't going away.

Keep having more and more meetings.

Attend in person meetings

Leave opinions at the door before entering our club. have more available meetings. workshops and even a recovery yoga. AA/Alanon mixed meetings have worked at other groups once a week. Preston and Georgetown both have these meetings. Also we could start an Alanon for family members. CAN used to have one.

Figure out how to unify so we can be strong with each other and help others if the newcomer sees us divided it may run them to a group that is not divided.

WE ABSOLUTELY NEED TO GROW. AT GROUP THAT DOES NOT GROW GOES. MORE MEETINGS. ALL THE EMPTY TIME WHY NOT START MORE MEETINGS. SOME PEOPLE CAN ONLY GO EARLY. SOME CAN ONLY GO DAYTIME. HAVE SOME IN THE 2ND ROOM BABY SIT TODDLERS. WE PASS A BASKET TO CHIP IN AN PAY AND YOUNG MOTHERS CAN COME TO DAYTIME MEETINGS. IT IS CRUCIAL. A LOT OF PEOPLE DO NOT WANT TO DRIVE AT NIGHT. 5:00 OR 6:00 meetings are ideal. THE IDEA IS TO REACH AS MANY PEOPLE AS POSSIBLE. THIS IS NOT PICK AND CHOOSE AA.

I think we do well

I am a blank slate on this during Covid. I've found phone and zoom meetings to be rather fulfilling and engaging, but I hear others have a different experience. Meetings were created so the newcomer would know where to find us, and I see new sobriety joining online quite regularly. I would love to hear some fresh ideas from this process on other avenues our Group can explore.

Have in person meetings open to new alcoholics

doing okay. Have group leadership that doesn't offend people.

Unify on the primary purpose rather than argue about details of whether or not to have coffee offered. Look at bigger picture without getting hung up on minuscule fears. God is bigger than the details.

quit in-fighting, quit looking back, move forward together The group needs this as it's own 10th step and to get Into Action

I'm sure there is something more we can do to carry the message. As long as we remain willing to carry the message, something will present itself to us in God's time.

Utilize all methods of reaching alcoholics and not rely totally on face to face. Zoom hopefully will continue as a tool once the COVID threat is passed. Think beyond just showing up at a treatment center. Be proactive with ideas and suggestions at Group Conscience. Make Group Conscience about ideas and ways to carry the message rather than just arguing about personal gripes. Remember we are a spiritual program with a spiritual mission.

I think we're doing well in spite of the challenges.

remember this is a simple program. do not overcomplicate it. if you want to go a zoom meeting you can do that at CAN if you want to go to a person meeting you should be able to do that without a TV. HYBRID MEETINGS ARE NOT VITAL FOR RECOVERY OR TO KEEP THE GROUP STRONG!

Include members with co-existing addictions.

Less judgmental of those who have differing opinions (ex: mask wearing, in-person vs remote meetings) Carrying the message with love and tolerance is what is most important, whether we do it in person or via zoom

Open the room for different time meetings REGARDLESS if for specific. (Women's, men's, etc.)

Covid presents new challenges in carrying the message. I think it would be a great idea to have a workshop where we brainstorm ideas about how best to reach alcoholics in this strange time.

I wish more people would get involved in H & I work. The Green Oaks commitment is hard to keep covered and many of the same people have been covering it for years.

What more can our group do to carry the message? (cont.)

IDK - I think we are doing it properly

Attraction rather than promotion again. We live these principles in all our affairs. Including: attitudes towards outside issues, immature, passive-aggressive behavior like not keeping Covid, (it's the current law), cliquish grouping, talking, opinioning before/after/during meetings. These things are the opposite of helping another alcoholic.

be more tolerant of other's opinions that differ from our own. we all come here with different experiences, knowledge base and of course opinions. I feel more respect and less judgement would be welcome. Love and tolerance is our code

Not sure at this point, still young in my journey

rotating leadership more women meeting less opinions

Sponsors to step up sponsees taking service commitments and learning more about service at the district and Area levels.

More activities during COVID like the phone speaker meetings that [Group member] has invited us to participate in.

Keep coming back

Just get involved in service ACROSS the group - not just in your service line. Invite people from outside of our sobriety network to speak, ask people we do not sponsor to get involved in service commitments, host service workshops, plan for an annual inventory to gauge how we are doing...walk the talk.

Be there for the alcoholic, now more than ever in many ways. Live meetings, zoom meetings. And letting the people that attend those meetings, participate and be listen to more in the decision making of how those meetings should be run.

Nothing.

Seek to integrate H & I commitments on Zoom.

Suggest that newer folks in the program get involved as soon as possible

We can try to resolve our past hurts and resentments and talk about how we will move forward.

Keep doing what we have been doing.

Now that there are both online and physical meetings, there are more positions for chairing meetings. It has been a challenge to fill all of them to keep the meetings available. I have lately volunteered to chair a meeting outside of my regular rotation to keep it active.

Come back together as one strong group as opposed to showing the newcomer that we hold resentments among our membership over hurt feelings.

More people stepping up to chair in-person meetings would help.

I don't know---as I am unable to attend face to face meetings at this time

Things CAN Does Best

What is the 1st/2nd/3rd thing CAN does best?

What else would you like to add to Clean Air North's inventory? CAN Does Well Mentions

Recovery	19%
Service	17%
Solution	7%
Unity	7%
Fellowship	7%
Welcoming	6%
Facility	5%
Sponsorship	4%
Newcomers	3%
All other	24%



Things CAN Does Best - Recovery

Carry the message to new folks

We are doing well at recovery because we focus so much on the newcomer.

The meetings offered follow the AA message of recovery and keep within the guidelines of the traditions. Primary purpose focused

Group is solution minded

CAN has helped hundreds of people achieve and continue sobriety. Everything else we do flows from that.

Makes meetings available on Zoom and in person.

We have members in all phases of sobriety, which to me indicates that newcomers are welcome and nurtured and that old timers are still being kept green and growing.

try to stay in the solution and not the problem

we have a great mix of new and long-term sobriety. People share the message of recovery in meetings, and most set a good example of what sober behavior looks like.

We encourage recovery through getting a sponsor, going through the steps, and carrying a service commitment. We generally do not have a philosophy of meetings alone will keep someone sober

Making in person meetings possible

Meetings focus on recovery through sticking to the literature and sharing in the solution. It's not complainers anonymous

The meetings include perspectives from the newcomer to the old timer. There's a wealth of experience shared that ignites hope for all of us. We are strong and healthy in our experiences. The newcomer is as important to the old timer as the old timer is to the newcomer.

consistent. Well noted on the web. generally well chaired. Large availability

So many long term members

Our meetings are full of strong messaging and solid recovery topics. We conduct meetings well and it feels as though members and newcomers walk away with good recovery.

Same as my last answer really. We are united in our singleness of purpose, to help the alcoholic that still suffers. We have significant long-term sobriety at our group which speaks to our dedication to recovery.

I hear a lot of shares reference the steps

CAN is unified under the singleness of purpose.

Our program of recovery is strong and even when there is dissent from the primary purpose we try to herd back the message to simple basics of recovery.

Message that there is hope and a solution

Things CAN Does Best - Service

Welcome newcomers to the group and getting them resources to become involved(phone numbers etc.).

Plenty of opportunities for each member to get involved in service

Taking the message to outside facilities.

Not much more to add except to say we are noted in the AA community for our Service. However, like many groups the number of people doing it compared to the number of members is a small percentage. We could get more sponsees and newcomers involved. And just more members.

We are doing well at service, because it is emphasized consistently as a critical part of recovery, and there are many opportunities for service.

Our group has many opportunities for service at both the group and outside the group. They are also clearly communicated at meetings. When there is a need in our group and community our group works to get the message out to the individuals

Getting to know them right away and providing solution based meetings.

Taking Service commitments at H and I and District participation

Plenty of service commitments to be made

CAN does alot of service.

There is an emphasis on staying involved in recovery, and finding opportunities to be of service.

CAN is involved in carrying the message to those in treatment centers and jails

CAN has always been very service-oriented and emphasizes the importance of service for long term recovery and emotional sobriety

We don't have everyone doing service work but we have more people involved than many groups do! There are meetings taken to facilities (rehabs, detoxes, corrections) and people involved in service work in other areas. I see people with both long- and short-term sobriety serving AA and out group! It is inspiring.

People have had to adjust how and when they are of being service during Covid but they're doing it. Reaching out, sharing our experience, strength and hope continues in spite of the challenges.

the group service opportunities and members talk about the importance of service.

Not sure what service is. Maybe being a sponsor.

We are trying to be of service to the community and I am doing everything I can to keep CAN alive and that to me means in-person meetings.

Our members talk about getting together for service, we gather as smaller groups of those available or willing to join. We ask those we don't know well to join to help break down barriers, and encourage the "just say yes" philosophy

Things CAN Does Best - Solution

people who share in the meeting offer solutions and talk about the solution not the problem. meeting topic focus on how we can recover.

Most meetings and discussions revolve around solutions instead of mindless/emotional tirades about staying in the problem.

The nature of our meetings sets the precedent to focus on solutions

there is a lot of long term sobriety. I like the solution of the fellowship

Grateful for those with long time sobriety that keep coming back and Staying in Solution

CAN meetings tend to have great literature references, are very solution oriented, and tie personal experience in with SOLUTION, rather than shares being a diatribe of daily problems encountered (as I've experienced in other groups).

Chairing meetings that center around the solution and not the problem

Sticking to the book and other conference approved literature.

Things CAN Does Best - Unity

Like I said I am really new but the unity is so awesome

CAN is a strong, welcoming community where everyone is valued and loved. We may not all hold the same personal beliefs but that doesn't stop us from loving one another. We don't bring politics or outside issues into meetings which is why we are so united. We have a strong, unified community rooted in the desire to help others recover.

The group is together as a whole.

We are doing well at unity because even though we have disagreements, we always come together. What unites us is much stronger than what divides us.

I have been at group conscience where the topic of group unity came up. There were concerns about adding more meetings breaking down our unity. The group landed on a compromise to make sure that all meetings are keeping within the same guidelines across the board. We offer many meetings to meet the needs of our individuals, but it is my belief that the messages carried remains the same.

Events for the group

I feel that the unity of the group is often challenged by a few personalities. These are people with long term sobriety and it's discouraging.

Because of Covid, the unity part has been iffy at best. But I truly believe we will get back to our unity, first, by using ONE avenue for connection, trusting that God is still in the middle of this mess and believing that some day we'll all be seeing each other in person, smiling and hugging and feeling God's presence in the rooms.

Things CAN Does Best - Fellowship

Great group of people

Members are very good at keeping up with and taking care of one another outside the room. If I don't know what's going on with a particular member, I can easily find someone who does. Also, a small action team will quickly form when someone needs help.

I have friends that I enjoys growing with

Fellowship is great, maybe even more before or after the meetings.

Birthday nights. Meeting after the meeting. Going to eat together. Fall Frolic.

Fellowship. Essential in early recovery.

get together outside the room for meals, celebrations, weddings, funerals, court dates, etc. really don't feel alone

I think connections in this group run very deep and have so for multiple classes/generations of attendance

Things CAN Does Best - Welcoming

It's an unspoken rule that individual members seem to graciously welcome newcomers and visitors.

CAN does a great job at making others feel welcome. The heart of welcoming folks is all over the room at all times. Zoom meetings don't do as good as in person, but the room itself still does.

I was welcomed graciously as a newcomer, was taught by my sponsor to welcome newcomers and witness many doing this well

CAN is great at welcoming new people who walk through the door. The room is very comfortable, clean and not imposing. People are welcomed to take a deep seat, get phone numbers, have coffee and contribute when they can.

Making all feel comfortable

The newcomers are made welcome and brought into the fabric of the CAN AA mini culture

My experience has been that CAN is open to newcomers and visitors, and group members set an example to greet these folks in a friendly and encouraging manner.

Things CAN Does Best - Facility

open on time

I LOOK FOR A MEETING THAT IS EASY TO GET TO. EASY TO FIND FOR NEWCOMERS. IF I NEED A MEETING IM LIKELY TO GO 10-15 MINUTES AWAY AS OPPOSED TO 45.

We keep our facility in good shape Zoom meeting are readily available

I AM GRATEFUL I CAN ALWAYS GET A PARKING SPOT. IT IS CLOSE I AM OLDER AND DO NOT NEED TO WALK VERY FAR. ESPECIALLY AT NIGHT. I FEEL SAFE THERE. IT IS A SPACIOUS ROOM. ALSO KEPT CLEAN

provide a very nice physical meeting hall

Things CAN Does Best - Sponsorship

the meeting topics and members talk about getting a sponsor and the importance of working the twelve steps with a sponsor.

We do well making getting a sponsor important. New people are encouraged from the beginning to find and use a sponsor.

We encourage sponsorship by inquiring and making available a list of those willing to sponsor. Many newcomers have commented they feel hounded or swarmed - maybe we take this too seriously? A good problem i suppose

Sponsorship is talked about in nearly every meeting

Things CAN Does Best - Newcomers

Anytime we have a newcomer in any type of meeting (men's, women's, discussion, speaker) that person is surrounded with love and phone numbers - it is clearly a place where newcomers will be protected and are the most person in the room

Recommending sponsorship immediately.

When someone is new either to AA or to CAN, the members rally around after the meeting to make sure they have phone numbers. We do a good job of making them feel welcome.

Things CAN Does Best – All Other

We utilize the program found in the Big Book of AA!

We have argued and fought over hybrid meetings since it was first proposed to bring the Zoom meeting into the in-person meeting. The arguments got old and we finally got it across that no in-person meeting HAS to include the Zoom meeting in the room. That was not pleasant.

We stick to Primary Purpose. It is about alcohol and staying sober. Lot's of other nice things follow

I think the financial and operational upkeep of this group is excellent with a target on longevity.

PEOPLE WITH MANY YEARS OF SOBRIETY KEEP COMING BACK TO SHARE THEIR EXPERIENCE STRENGTH AND HOPE.

Care for others - especially new folks.

good food on birthday night

We follow the group guidelines-sometimes to a fault.

CAN's meeting schedule along the diverse meeting types, offer a variety available options to accommodate anyone's schedule and meeting preference.

We all believe in our singleness of purpose. We all are there to help the alcoholic that still suffers. I've seen us ask someone that identifies as an addict or as someone there to support someone else if they have a desire to stop drinking. If they can't answer that they do, someone will take them in the back and chat with them. We all know we are there for the alcoholic only but we do it respectfully.

most of the remaining members prefer to attend Zoom meetings over in-person meetings

Location and meeting times

Repeats the same formula day-in and day-out.

Things CAN Does Best – All Other (cont.)

Wisdom is often shared in meetings.

web and email are well above average. Could have been the first thing does best

can't say nothing is coming to me

We listen well in group conscience to have an informed group conscience

Our website and regular email updates provide an effective way to communicate what's available at the group as well as what is currently happening.

I believe we do a pretty good job of following the traditions

I feel the emphasis on keeping the program of AA pure and unobstructed from outside influence or interpretation.

Painful as it is, our decision-making process (Group Conscience) follows a standard, rigorous process that ensures the minority opinion is heard, never belittled and given a chance to persuade. CAN's process also sees to it that all issues affecting the group are met and addressed; either by establishing responsible service positions or through membership-wide deliberation.

There are many group members who attend meetings regularly, and I felt welcomed and was able to build sober friendships through fellowship activities.

I enjoy the women meetings. Wish we had could incorporate more women activities like recovery yoga.

Keeps its doors open for the average of 5 people per meeting per day. Paying money for air-conditioning, etc for a small number of people who want to come to in-person meetings.

I've always thought that the men did a great job with the men's step study and think this helps with all sides of the triangle. I do not think we have been able to pull this off for the women but wish we could

Before COVID, CAN seemed to have a strong financial reserve through contributions from the baskets at meeting. It felt like the space was always tended to, and that we were not mismanaging money. I know COVID has taken a toll, but I believe the group is still in good standing.

Things CAN Could Do Better

What is the 1st/2nd/3rd thing CAN could do better?

What else would you like to add to Clean Air North's inventory? CAN Could Do Better Mentions

Group Conscience	16%
Unity	11%
Attitudes we should have (but don't)	10%
Chairpeople	8%
Newcomer needs	7%
Meetings	9%
Service	6%
Rotation/Who runs the group	5%
Locks	4%
Traditions	4%
Communication	3%
All Other	18%



Things CAN Could Do Better – Group Conscience

Maybe just the times but somehow people need to accept that group conscious decisions are to be followed. It is not up to a meeting chair to deviate

The group conscience meetings were horribly unfair, disorganized, offensive

communication is always something we can improve on and especially when tensions are already high because of COVID. A group conscience should be in person it cannot be adequately done on zoom. People walk away feeling more divided than united. Topics get confused. It causes a disconnect more readily. ITs like having a romantic relationship via text or long distance. The probability for success is not high and it is irresponsible and dishonest to have the expectations that it will be.

When a proposal comes to the Group Conscience, we could do better at asking probing questions as to why a topic is coming to vote. some members may have met offline and ready to pass a proposal, while others are just hearing it for the first time. Lobbying is not necessary, especially if our primary purpose is our North Star

Conformity "So spoke the group conscience. The group was right and I was wrong. I listened, and thank God I obeyed." 12x12, pg. 138 The decision-making process we call "Group Conscience" is painful and laborious. After sometimes brutal discussions we vote, listen to the minority and vote some more. Eventually, the members come to an agreement on how to proceed. All CAN members have a vote. Even those who don't attend the GC meeting vote they vote to leave the decisions up to the others. When someone deliberately acts against the agreements the group has so painstakingly come to, it is a slap in the face to those who did the work. The group has said masks are mandatory, food is not allowed at the group, chairs are to be set up in a specific way and the refrigerator is not to be used. Some of our members intentionally do just the opposite (even going out of their way to disarrange the chairs). Additionally, we have seen acts of vandalism: a key deliberately broken off in the door, a hole shot in one of the front windows, signage about masks defaced or torn down and thrown away. It's not sober behavior. Why are we not able to TEACH sober behavior?

Needs to express to ALL members what the Group Conscience is doing. Send meeting minutes to ALL members, once they are approved.

Honoring our group conscious decisions. And when some of those decisions aren't working, as expressed by the majority of people having to implement the decision, respect their input and retract the decision as soon as possible.

When decisions are on the table with high emotions, it's OK to pause discussion or vote for the emotion to subside.

There needs to be better consideration of the minority opinion during group conscience.

Follow group conscience decisions and not act outside of group conscience votes. Back to the changing of the lock issue, that single action negated group conscience in my mind going forward.

There could be a consideration of alternative ways for members unable to attend GC to access notes or participate in decision making process.

An apology made to the GC chair for the first six months of 2020. Both the cadre of long-standing members and the faction that didn't like the cadre tried to use the GC chair. The faction felt that the cadre was dictating what the GC did, and the cadre kept trying to dictate what the GC chair was going to do in the meeting to offset the faction. The GC chair received text messages, phone calls and emails from others trying to dictate what to do and what needed to "get passed" in a meeting. It was incredibly damaging.

Things CAN Could Do Better – Group Conscience (cont.)

Acceptance "I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and my attitudes." BB, pg. 417 We have some whiners; people who are unable to accept the outcome of the Group Conscience process. Many of them have left CAN. Some have stayed and simply defy the agreements we came to. My concern is that we TALK about acceptance, we TALK about remaining undisturbed as the goal, but I'm not sure we really TEACH these concepts.

There have been controversial disputes in group conscience meetings regarding temporary shut-downs due to Covid-19, the safety precautions for re-opening, and hybrid meetings. Personally, I don't know whether my votes to proceed primarily with safety on these issues were appropriate or overly cautious. It is a challenge that many of the things that make a good AA meeting - many people, conversation, laughter, fellowship - are also efficient at spreading Covid infections.

There is a group conscience and then there are decisions and transactions made by a select few. This really instills distrust when these backroom deals are made. Let's be more transparent about how we will self govern as a group.

group conscience is a farce

1 - Once the group closed, the 707 meeting started having outdoor meetings outside of the physical group building. It's great that they continued having meetings, that is not the issue. The issue is that it goes against the GC decision to close the group. Even though it was not inside, they were, in fact, on the property and at the group. Next time, they should have a meeting offsite. Just a note for future reference. 2- Mask: it's sad that people didn't adhere to the mask mandate set out by the group. I understand there's politics involved during this time but the group made the decision and some members tended to ignore or intentionally violate this rule. We should take note as individuals on this issue. We're in recovery. Let's practice it to the best of our ability in all of our affairs. 3 - No member can tell anyone they can not attend our group. This can be addressed at the Group level if there are problems with a member, but no individual, regardless of length of sobriety has a right to take it upon themselves to tell anyone they cannot attend CAN. This goes against the Traditions. Just mentioning - no need to go any further in discussion. It has happened and should not again. Again, we are a Group, therefore no one individual has the power or authority to act on behalf of the group.

Group conscience is a beating, but not sure if that can be changed. It is also disconcerting to see the divisions that have come up as a result of COVID virus. I think most people are doing there best to work through it, and I think we will come out on the other side ok, but it is scary sometimes to think this could splinter the group.

Group Conscience meetings - spending too much time on one topic. Quit making the smallest issue into a mountain. Vote and get on with it. "How important is it? "...

There appears to be a break between the intentions of CAN and the actions of CAN (on the group level). For such a strong group with so many longtime members, we should not be struggling to fill basic service positions. Love and tolerance for challenging options/personalities is being blocked by fear of change and new/old personal resentments. That belongs to the individuals, not the group. People need to start SHOWING UP (literally and figuratively) in new roles. Also, there are many members who just don't participate. How can we encourage participation from most group members, rather than the chunk who show up at GC? Maybe we need to ask why the others don't participate? Is it general inconvenience, or do they view their participation in GC as ineffective/pointless? I think CAN is a wonderful group with strong values. I believe its effectiveness has been challenged by individual politics seeping into group decision making. A few people having louder voices than others. Our purpose is to be there for ALL. COVID has exacerbated issues that have existed for as long as I've been around.

Follow group conscience decisions and not act outside of group conscience votes. Back to the changing of the lock issue, that single action negated group conscience in my mind going forward.

There have been controversial disputes in group conscience meetings regarding temporary shut-downs due to Covid-19, the safety precautions for re-opening, and hybrid meetings. Personally, I don't know whether my votes to proceed primarily with safety on these issues were appropriate or overly cautious. It is a challenge that many of the things that make a good AA meeting - many people, conversation, laughter, fellowship - are also efficient at spreading Covid infections.

Things CAN Could Do Better – Unity

the hybrid meeting idea was introduced to promote group unity and it is doing the opposite it is tearing the group apart.

We need to reunite our membership from the groups that have splintered off. Become one large group again if possible.

I think the discord in our group has some legitimacy given the various opinions on how things should be run during COVID. But I think we are falling short of unity when it comes to following group conscience

As noted above our unity is threatened when the Traditions are not adhered to. Every group that I know of that has folded has been because of violation of the Traditions. Without exception. We need to understand Unity and what it truly means. What holds us together? What keeps us active and viable? Learning to sacrifice personal desires to the Group good. Not emphasized here enough.

I've had experiences of cliquiness but less with zoom. I also hate the divisiveness over the meetings of late. We are doing our best and we have to be flexible in imperfect times. Some people are forgetting this.

We need to make a concerned effort to reconcile the first tradition within the group.

We do not know how to agree to disagree. We believe that if we don't see eye to eye then we can't be in the same space together. We can't disagree without being hurtful and resentful. We can't disagree without judgement and gossip.

Group health and unity must come before outreach. The newcomer will have no place to go if the group's health continues to deteriorate.

Begin to reintegrate face to face meetings at CAN and cutting back on Zoom meetings to create better group Unity when the COVID issues begin abating.

We need to stop fighting. We need to stop talking and start listening. We need to work together to find solutions to the problems that we're facing, both as a result of Covid and as a result of our own behaviors. There are people who are unable to attend in person meetings, for whatever reason they have. There are people who are unable to attend Zoom meetings, for whatever reason they have. No one is wrong, and we need to find ways to work together instead of judging each other. This is such a great opportunity for us to get stronger and healthier, both as individuals and as a group

It's not okay to treat people differently because of color, sexual orientation, disability, or income differently. The "clicks" within the group at times tolerate this behavior.

Group conscience is a beating, but not sure if that can be changed. It is also disconcerting to see the divisions that have come up as a result of COVID virus. I think most people are doing there best to work through it, and I think we will come out on the other side ok, but it is scary sometimes to think this could splinter the group.

Include persons with co-existing conditions.

We need to be a more inclusive, open-minded group. Sometimes I close my eyes and feel like I'm in church. This is AA. None of us are perfect nor should we present ourselves as such. An old-timer I know summed it up best for me: he said he couldn't go to a meditation meeting because he wasn't spiritual enough (he was joking but not really). None of us can get sober without accountability and honesty. We get scared when someone who looks or sounds different comes to our group. We have to lighten up.

Individuals at times do wtf they want, rather than practice the first tradition. Sometimes this is encouraged or ignored by others. It perpetuates itself.

Things CAN Could Do Better – Attitudes We Should (but don't) Have Toward Each Other

Trust God to take care of us, either God is everything or he is nothing and many people are choosing nothing and staying out of the room and only attending Zoom meetings which aren't CAN, they are a login and password. I trust God will take care of me at an in-person meeting.

Thoughtfulness "Our very lives, as ex-problem drinkers, depend upon our constant thought of others and how we may help meet their needs." BB, pg. 20 After each meeting we SHOULD think of those who will be coming in for the next meeting, but regularly don't. Ways to be thoughtful of the next group include: cleanup/straighten up room after each meeting, set up chairs for the next meeting per the chairperson's notebook (since different meetings have different arrangements it's important to refer to the book), if things are full that shouldn't be, then empty them (e.g., garbage cans), if things are empty, or nearly so, that shouldn't be, then fill them (e.g., creamer carriers, flatware and napkin holders, paper towel dispensers, etc.). NOTE: All of the things above are listed as part of the chairperson's duties next to each meeting's format (CAN chairperson's notebook). But our chairs aren't doing them. Also, we should be thinking of future generations: put recyclables in the recycle bin and non-recyclables in the garbage. In an organization that professes spiritual principles and the requirement to think of others and how we can meet their needs, why are our people not getting this?

I think we do better with strangers than we do with other members. Like family, we can irritate each other. Maybe just a little more love & tolerance and the sick man's prayer

Focus on getting past the COVID 19 interruptions, and refocus one bringing the message.

When decisions are on the table with high emotions, it's OK to pause discussion or vote for the emotion to subside.

We need to be a more inclusive, open-minded group. Sometimes I close my eyes and feel like I'm in church. This is AA. None of us are perfect nor should we present ourselves as such. An old-timer I know summed it up best for me: he said he couldn't go to a meditation meeting because he wasn't spiritual enough (he was joking but not really). None of us can get sober without accountability and honesty. We get scared when someone who looks or sounds different comes to our group. We have to lighten up.

We have members who have served the group faithfully in a certain capacity for some time without stepping down or handing the responsibility to another. As a result, there is a cadre of people who "run" the group and a faction of people who "fight" the cadre. This pandemic has only highlighted what was already a crack in our unity.

Acceptance "I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and my attitudes." BB, pg. 417 We have some whiners; people who are unable to accept the outcome of the Group Conscience process. Many of them have left CAN. Some have stayed and simply defy the agreements we came to. My concern is that we TALK about acceptance, we TALK about remaining undisturbed as the goal, but I'm not sure we really TEACH these concepts.

This problem comes in that we sometimes forget that we are a spiritual entity and that we are spiritual beings. God is the center not our individual issues and agendas. We MUST emphasize this particularly now when everyone is affected by restrictions and isolation with too much time to think.

"Everyones idea or problem is not the most important thing ever" Get out of "your issues" and get into "group purpose". Seems lately everyone has a "Me first" attitude.

The WHOLE group needs to have an honest inventory of their OWN actions towards the group. Not a call out session of what everyone else did wrong. If we are part of CAN, then how did we foment, stir conflict, gossip, cause problems, resent, etc. Keep our inventory in our own back yard.

I think we do better with strangers than we do with other members. Like family, we can irritate each other. Maybe just a little more love & tolerance and the sick man's prayer

Love & Tolerance is our code. Live & let live. Give up fighting everything and everyone. He is your brother. She is your sister. Make sure Everyone has a voice. Yours is no more important than anyone else's.

Things CAN Could Do Better – Meetings

Call on people with some sobriety first and towards the end of the meeting, call on newer members. That sets the tone of the meeting to be solution oriented. Don't let the patients run the asylum

THE ROOM IS 80% EMPTY AND SHOULD HAVE MORE MEETINGS. THAT IS OUR PURPOSE. THEY CAN BE DIVERSE. AS BILL SEES IT, TOPIC, PROMISES, PAGE BY PAGE BIG BOOK STUDY. PAGE BY PAGE 12 STEP STUDY.

Begin to reintegrate face to face meetings at CAN and cutting back on Zoom meetings to create better group Unity when the COVID issues begin abating.

On Monday night's Newcomer Meeting the format is not being kept. The Zoom meeting and in-person meeting go back and forth, 1 for 1. That is not the format of the meeting. We always call on a few people with time and then we try to call on all the newcomers. The people that show up in person are not all new comers, yet they all get to share at the expense of the newcomers because they walk up to the screen and talk. We need a single chairperson that facilitates both the Zoom and in-person and only calls on a few oldtimes and the rest of the newcomers. I have been on Zoom Monday nights where the same person (not a newcomer) in person at the group has shared more than once! It's really frustrating. Our Monday night is one of the largest meetings and it's so important for the newcomers. Why are we not following the format?

Reconsider our approach to meetings which are becoming stale. Consider changing format to include traditions study, and book study groups.

get rid of the hybrid meetings. again it is a simple program. HYBRID MEETINGS ARE NOT VITAL FOR A STRONG GROUP. get rid of hybrid meetings it is just that simple. it is not promoting group unity.

Uniqueness of individual meetings. By this I mean that the GC has set guidelines out for all meetings and formats. The 707 meeting tends to give chips out outside of the designated times and days. It seems the culture of this meeting for some time has been "that does not apply to us." Just an observation.

The meetings speak for themselves. Members of this group have been taught well the importance of good recovery, mirroring good recovery, no matter what the venue.

We are very accomodating of everyone, but some members take advantage of our kindness and will talk an unacceptable length of time and/or share multiple times and dominate the meeting. We are all so polite that it's hard to interrupt them and redirect the meeting. Having timers for birthday night is critical. Training chair people on how to stop a meeting from getting high-jacked would be helpful. Offering strategies for how a chair can redirect someone of cut them off for the greater good of the group would also be helpful.

Keep working on live, zoom and hybrid meeting

Speakers need to be vetted a bit more.

The profanity so often used in meetings really turns me off. I am thinking about finding a more disciplined home group after COVID.

Things CAN Could Do Better – Chairpeople

More chair people need to step up (including me)

Now that there are more meetings due to both physical and online meetings, the number of chairs needed has essentially doubled. There are people who have stepped up to chair, but many have been chairing every month. I have tried to stay active chairing meetings during this time. Perhaps using sponsors to encourage new folks to chair in addition to announcements and the Google calendar would be helpful.

We are very accomodating of everyone, but some members take advantage of our kindness and will talk an unacceptable length of time and/or share multiple times and dominate the meeting. We are all so polite that it's hard to interrupt them and redirect the meeting. Having timers for birthday night is critical. Training chair people on how to stop a meeting from getting high-jacked would be helpful. Offering strategies for how a chair can redirect someone of cut them off for the greater good of the group would also be helpful.

Call on people with some sobriety first and towards the end of the meeting, call on newer members. That sets the tone of the meeting to be solution oriented. Don't let the patients run the asylum

I'm not qualified to chair yet otherwise I would chair meetings in a heartbeat. The lack of volunteer chairpersons for meetings is disheartening given how much they've benefited from this group over the years

Chairpersons - Call on people who have the solution first before calling on newcomers. Redirect to stay in the solution - Never open the meeting to anyone who wants to talk - or risk letting the meeting be controlled by people with outside issues.

Call on new people - not just the same group of "leaders" and old timers.

Maybe just the times but somehow people need to accept that group concious decisions are to be followed. It is not up to a meeting chair to deviate

We do have a small percentage doing the service work compared the membership. Also, we have difficulty getting chair people every month. True we have to staff two meetings for each hour, but that really shouldn't be a problem. Service to the group is as important as Green Oaks or Magdalen House.

participation is lacking. We cant even get meetings chaired. Everyone wants the group to stay open? Then YOU NEED TO HELP. Step up.

We need more people willing to chair in-person meetings. I think we need more Zoom chairs but that is not my main concern.

Things CAN Could Do Better – Newcomer Needs

I felt very lost my first few meetings

greeters help people feel more welcomed. We are in the rooms for a purpose to stay sober

This is a tough one and I'm not sure there's really a good solution. It is pretty common to just hop off as soon as the meeting is over because it is so hard to have a conversation on zoom in front of everyone. Maybe have the chair person select a newcomer chair for both women and men and then ask the participants if anyone would like a call from the chair so that they could have a conversation in private after the meeting. The newcomer or member in need could provide their contact to the newcomer chair.

I bought books from Amazon that were not the real books. I think in every meeting the chat should have all the info

For those whom are willing, names and phone numbers of those whom are available to call (primarily for newcomers). Separately by gender, of course. Often there are too few who sign up at individual meetings

I feel like the group "parking lot" sessions are great for a newcomers first visit, but I think we lack organization in giving the newcomer a network if they attempt our way of life. I feel like the newcomer chair should have responsibilities for some proactive outreach beyond the meeting, instead of just a list of names for the newcomer to seek out if in need attraction of newcomers is needed, and I think we need to go to them

Because we are a solid group financially, we don't pay enough attention to how the money is spent, to whom, and why. Details. It isn't that we will go under but we may need to see where else we can allocate funds to support carrying the message. And we should know, boring or not, exactly where our money goes. Which internal repairs? Who authorized them? Etc. We have become complacent. We SEEM to be doing okay. Complacency is a deadly enemy for groups and individuals. There is always more to do Always ways to involve the newcomer. We have to go forward or we die as an entity.

BE MORE WELCOMING. A GREETER OR TWO AT EVERY DOOR. TELL PEOPLE YOU ARE GLAD THEY ARE THERE NO MATTER WHAT GROUP THEY COME FROM OR WHAT STATE THEY COME FROM.

For those whom are willing, names and phone numbers of those whom are available to call (primarily for newcomers). Separately by gender, of course. Often there are too few who sign up at individual meetings

Things CAN Could Do Better – Service

As I said, the same people tend to do the public service stuff. It has been tough to get meeting chairs during COVID

We do have a small percentage doing the service work compared the membership. Also, we have difficulty getting chair people every month. True we have to staff two meetings for each hour, but that really shouldn't be a problem. Service to the group is as important as Green Oaks or Magdalen House.

I think we are doing the best we can under the circumstances. No organization is un-touched by what is going on in our world today. To expect that we can recreate the same environment, as prior to Covid 19, is nuts.

allow others to be of service. Same few people run the place!

Service opportunities to vulnerable groups i.e. treatment facilities/prisons to grow our membership.

There appears to be a break between the intentions of CAN and the actions of CAN (on the group level). For such a strong group with so many longtime members, we should not be struggling to fill basic service positions. Love and tolerance for challenging options/personalities is being blocked by fear of change and new/old personal resentments. That belongs to the individuals, not the group. People need to start SHOWING UP (literally and figuratively) in new roles. Also, there are many members who just don't participate. How can we encourage participation from most group members, rather than the chunk who show up at GC? Maybe we need to ask why the others don't participate? Is it general inconvenience, or do they view their participation in GC as ineffective/pointless? I think CAN is a wonderful group with strong values. I believe its effectiveness has been challenged by individual politics seeping into group decision making. A few people having louder voices than others. Our purpose is to be there for ALL. COVID has exacerbated issues that have existed for as long as I've been around.

As I said, the same people tend to do the public service stuff. It has been tough to get meeting chairs during COVID

participation is lacking. We cant even get meetings chaired. Everyone wants the group to stay open? Then YOU NEED TO HELP. Step up.

Things CAN Could Do Better – Rotation/Certain People Run the Group

I've been hearing lately, "Certain people run the group". This is not my experience. I've seen people step up and get us started on the needed process to address the COVID-19 emergency. I've seen "elder statesmen" advise the group regarding process and Traditions (and their long experience carries a lot of weight). I've seen members with parliamentary experience help guide deliberations (maybe a little too abruptly at times). But in the end, all decisions come down to a vote of the membership, with accommodations for the minority opinion. I've also seen trusted servants take actions that some did not like, but were within the authority of the position held. For example, when the members agreed to close the group to in-person meetings, the incoming maintenance chairman changed the locks. This didn't sit well with some who wanted to be able to use their keys to get into a closed facility. But locks are well within the purview of the maintenance chair. AND no one, but those doing cleaning and maintenance, had a valid reason to be in the suite. The changing of locks was necessary and proper. To my knowledge, no one has "run" the group. Beyond this, I think I said what I needed to say in questions 18-20.

For as long as I have attended CAN, there has been a group of people covertly running the group and acting like they don't. And now people are mad, but we as a group have allowed this to happen. Our lack of participation has created an environment where this has been able to take hold. We have not been stepping up and participating so that those voices would be drowned out. If we want to stop [Group Member]*, [Group Member]* and anyone else they recruit from engaging in this kind of behavior, then we need to speak up when we see them doing it, or at group conscience when they're trying to push something through without a vote (or without giving it the necessary month for a vote).

We have members who have served the group faithfully in a certain capacity for some time without stepping down or handing the responsibility to another. As a result, there is a cadre of people who "run" the group and a faction of people who "fight" the cadre. This pandemic has only highlighted what was already a crack in our unity.

There is a group conscience and then there are decisions and transactions made by a select few. This really instills distrust when these backroom deals are made. Let's be more transparent about how we will self govern as a group.

The 'running' of the group is political at this point. AA is not supposed to be political or run by old timers. We value the old timers for their experiences in sobriety, but they, like everyone else, need to remain flexible to living spontaneously one day at a time. Many of the people 'running' the group are not chairing meetings, zoom or in person, that need chairs in order to function, and yet they talk about group unity and carrying the message. How does that make sense?

THE SAME PEOPLE HAVE THE SAME LIMITED BELIEFS YEAR AFTER YEAR. THEY NEED TO ALLOW OTHERS TO BE OF SERVICE. NEW FACES, NEW IDEAS. THEY FORGET GOD IS IN CHARGE AND THERE IS ABUNDANCE IN GODS WORLD.LET GO AND LET GOD!

Just to be really clear: It's my opinion that we closed the group in March based on fear. I'm not saying we were wrong to do it, but rather that we did it in the wrong way - too quickly, without listening to everyone's opinion, and with fear as our guide. This meeting was called by people who were not trusted servants and WE allowed this to happen. If we had some sort of emergency committee, THEY would be the ones to call the emergency meeting and hopefully, follow the group guidelines as well as lead from a state of reasonableness rather than fear. I have faith that as a group, we can work through this hard time and come out of it stronger and more able to serve alcoholics both in and out of the rooms.

Things CAN Could Do Better – Locks

So changing the locks was done. Who changed them and why? Did it go through the appropriate process?

Some things recently have been decided by a few as the way the group needs to go-like changing the locks to the building without express GC approval.

Some things recently have been decided by a few as the way the group needs to go-like changing the locks to the building without express GC approval.

Follow group conscience decisions and not act outside of group conscience votes. Back to the changing of the lock issue, that single action negated group conscience in my mind going forward.

Locks: After the group voted to close, [Group Member]* changed the locks without any authority whatsoever. While his intent may have been to prevent the 707 members from violating the code of conduct, he did not have authority to take such an action. He had no service position - and if members violated the wish of the GC, that can be handled properly. It is in clear violation of our Group Operating Guidelines, Article 6.03, 6.04 and 6.05. Once he changed the locks, he designated himself as the key keeper, controlling who does and does not get a key. This also is in violation of our Guidelines. While this member has a lot of years sober, it appears he went rogue without going through the proper channels laid out by our Group Conscience. It's no different than a newcomer deciding to change the locks. It's not what AA is about. And it's not what Clean Air North is about. It's not how we do things.

Going forward I'm not going to worry about group conscience votes if I want to do something at the group. This is due to [Group Member]*'s decision to change the lock and control access to the group. Sorry to say but that is how I feel. That ran off at least half of our group. It makes me sad to see CAN in such a sorry state.

Things CAN Could Do Better – Traditions – General / 7th

principles before personalities

Principles above personalities please!

Needs to contribute the extremely excessive prudent reserve to GSO, or something else. Having that much money available to alcoholic(s) is an accident waiting to happen.

In the group conscience meetings, I have noticed that donations are down. I'm not sure whether this is due to fewer people attending meetings, or whether people who are attending online are less likely to donate without the immediacy and ease of passing the basket. I have chosen to write checks on a monthly basis as I've been attending online. This makes sense as I consider CAN my home group and attend almost all of my meetings there. If there are folks who are attending one meeting a week, the lack of convenience may make it hard to encourage donations. I don't have a good solution to suggest for this at the moment.

Because we are a solid group financially, we don't pay enough attention to how the money is spent, to whom, and why. Details. It isn't that we will go under but we may need to see where else we can allocate funds to support carrying the message. And we should know, boring or not, exactly where our money goes. Which internal repairs? Who authorized them? Etc. We have become complacent. We SEEM to be doing okay. Complacency is a deadly enemy for groups and individuals. There is always more to do. Always ways to involve the newcomer. We have to go forward or we die as an entity.

We seem to have gotten away from the traditions, while at the same time, trying to use them to justify bad behavior Tradition 1 Unity has been really stressed since March, when the decision was made to close the doors. That said, it was probably already stressed at that time and Covid just brought it to the surface Tradition 2 Our leaders are trusted servants. Let's look at that another way: trusted servants are our leaders. People who have been voted into positions are the ones who have authority and who we trust to lead us. We have some group members who are not in elected positions, who take it upon themselves to take actions and make decisions that they have no right to make. [Group Member]* had no right to change the locks. He was not a trusted servant at the time, and even if he had been, I don't know that he would have had that right. Suggestion: We create some sort of emergency committee who does have the right to make emergency decisions on behalf of the group. Tradition 2 Group conscience makes decisions and people decide they don't want to abide by them, so they don't. And I guess understandably, since there was so much done wrong at the emergency group conscience in March when we decided to close the doors. Decisions were made based on fear that placed the group in a position to be hurt. It seems like a lot of people don't trust group conscience now. We have group guidelines, but don't always abide by them. There have been times that people involved in the creation of those guidelines (who should know them best) have allowed group conscience decisions to be made that are in conflict with the guidelines. We should all know them well enough to abide by them, or we should stop using them. Tradition 5 We don't agree on the best way to carry the message and instead of working together to find solutions, we're fighting and judging and leaving the group. The ways that have worked for years no longer do. The message needs to be carried both in person and online and we need to find new and creative ways to do that, rather than just drawing a line in the sand and saying that one side is right and the other one is wrong.

Things CAN Could Do Better – Communication

Sometimes communication to group members is not as good as it could be. I think this is getting better with the website and enabling folks to sign up for emails.

communication is always something we can improve on and especially when tensions are already high because of COVID. A group conscience should be in person it cannot be adequately done on zoom. People walk away feeling more divided than united. Topics get confused. It causes a disconnect more readily. ITs like having a romantic relationship via text or long distance. The probability for success is not high and it is irresponsible and dishonest to have the expectations that it will be.

We do not know how to agree to disagree. We believe that if we don't see eye to eye then we can't be in the same space together. We can't disagree without being hurtful and resentful. We can't disagree without judgement and gossip.

Needs to express to ALL members what the Group Conscience is doing. Send meeting minutes to ALL members, once they are approved.

Things CAN Could Do Better – All Other

This is a "FIRST WORLD PROBLEM." The bathroom, floors and walls seem to remain dingy and not cleaned. The carpet remains helplessly stained. If able, it would be nice if we could change the floors to something more durable and easier to keep clean.

This is a tough one and I'm not sure there's really a good solution. It is pretty common to just hop off as soon as the meeting is over because it is so hard to have a conversation on zoom in front of everyone. Maybe have the chair person select a newcomer chair for both women and men and then ask the participants if anyone would like a call from the chair so that they could have a conversation in private after the meeting. The newcomer or member in need could provide their contact to the newcomer chair.

Just to be really clear: It's my opinion that we closed the group in March based on fear. I'm not saying we were wrong to do it, but rather that we did it in the wrong way - too quickly, without listening to everyone's opinion, and with fear as our guide. This meeting was called by people who were not trusted servants and WE allowed this to happen. If we had some sort of emergency committee, THEY would be the ones to call the emergency meeting and hopefully, follow the group guidelines as well as lead from a state of reasonableness rather than fear. I have faith that as a group, we can work through this hard time and come out of it stronger and more able to serve alcoholics both in and out of the rooms.

I can't think of anything CAN could do better the group is really run well.

Masks. Period. Follow the protocol or go home.

Keep trying to get people more involved

I don't know how to diversify the group. Maybe introducing the aforementioned groups? It could just be the location and realities of Dallas' intense segregation.

members seems to be taking others inventory. if you want to go zoom meetings go to zoom meetings if you want to go in person go to in person meetings it is your right. zoom attendees should not be telling people they cannot attend in person.

Without being able to attend face to face meetings I feel unqualified to answer this

We are struggling to handle how we respond as a group to the COVID virus and resulting situation. I'm not sure what could be done better.

Flu season is coming

incorporate meetings of AA/Alanon to promote more healing in recovery

THE SAME PEOPLE HAVE THE SAME LIMITED BELIEFS YEAR AFTER YEAR. THEY NEED TO ALLOW OTHERS TO BE OF SERVICE. NEW FACES, NEW IDEAS. THEY FORGET GOD IS IN CHARGE AND THERE IS ABUNDANCE IN GODS WORLD.LET GO AND LET GOD!

Listen to my suggestions, of course! Ha!

Things CAN Could Do Better – All Other (cont.)

Have a group phone list. So we can contact each other and list birthdays.

[Group Member]* was the worst, Blockhead, selfish, self-centered, meeting hog, arrogant, uninformed, ignorant, inconsiderate

I would like to make sure bylaws consider the circumstances around the emergency shutdown. I supported the medical view to shutdown but it was troubling that the dissenting view could point out that we violated our bylaws

There is a group of men in this group that need to pull their head out of their asses and realize that their sponsees need to learn from them how to not 13th step new women. There was even one man that thought it was ok to sponsor a woman, whom I now sponsor. Its not ok. She was hurt from this situation. There is another group of people trying to persuade the whole group to do meetings with "new" ways, but yet those individuals don't have to do meetings that way themselves. If you're going to bring up new ways of doing things, then you better lead by doing them not just requiring others to do them. There are only about 10 people running things/keeping the doors open of CAN. We can do better. Step up and quit being afraid of everything.

The way we've least done it may have it's merits, but it also might stymie improvement

Within the group are individuals who come from an "I do WTF I want- I have rights/know what's best" attitude. Currently, I feel it is unsafe for me to attend in-person meetings, primarily due to other's failure to wear face masks and general overall emotional upheaval. Realy? This is AA. I'm supposed to feel safe going to meetings. I feel sad, as I have attended meetings at CAN for many years. I still come to some meetings here via zoom. I'm not calling it my homegroup now. I pray that the group returns to greater spiritual health.

I've shared what is wrong. Now we need to let other share how we improve the current leaders are too immature to run the meetings, much less our group.

AA was started in a grass-roots effort with the intent of spreading the word, and we are in a different world 70+ years later. We can apply the traditions and steps without being literalists. I hope we can stand on the shoulders of those who came before us and learn. For a group of people who are asked in Step 3 to meet our conditions, rather than our conditions meet us as individuals, we sure do have difficulty meeting the conditions of our current pandemic. Just because we have never closed the physical doors before, that can't be the only reason why we don't close them now. There seems to be a static, fixed view as if new information can't be considered with new decisions possible.

I think we are doing the best we can under the circumstances. No organization is un-touched by what is going on in our world today. To expect that we can recreate the same environment, as prior to Covid 19, is nuts.

I would like to see groups like Al-Anon and recovery yoga at CAN. We know in the literature that there are many different ways to get and stay sober - these groups help many, and many of us have a place in multiple rooms. Open mindedness to solution and what reaches different people is crucial to staying attractive to newcomers.

Group leaders blasted their opinions with little consideration for others, very immature.

All Other Comments

What else would you like to add to Clean Air North's inventory? All Other Mentions



All Other Comments

What else would you like to add to Clean Air North's inventory? All Other Mentions

Obviously COVID 19 has created some pretty big challenges to unity and the good ole days of AA at CAN. Hopefully we can bounce off this inventory process and begin focusing on the newcomers/oldtimers and in between-ers to get back to a special place that saves lives.

More meeting time options for in person

Let's keep the doors open as in-person meetings saved me

I owe this group a debt I can never pay and I am paid by giving back. Come back together, stop gossiping, recognize this pandemic has changed the world and we should adapt too but always help the alcoholic that still suffers - US.

Keep working together has a group

I can't think of anything at this time keep doing what your doing CAN.

there are lots of "leaders" in group that have been there for years. Its time to rotate and have an open mind with new direction. Time for new perspective for growth!

SOME PEOPLE YELL ACROSS THE ROOM, LIKE THEY ARE IN CHARGE, THIS IS NOT OK. HE HAS HURTFULL, IGNORANT, COMENTS. HE IS A HECKLER AND IS ALLOWED TO BEHAVE THIS WAY IN AN AA MEETING. IT IS DISGRACEFUL AND EMBARRASING. AND ONE HAS ALREADY PICKED UP HIS BAD HABIT. SO NOW THERE ARE TWO. IT IS NOT A SAFE ROOM, IT IS NOT A SPIRITUAL ACTION AND MAKES A MOCKERY OUT OF A VERY SERIOUS DISEASE. WE ARE HERE TO RECOVER AND HELP ONE ANOTHER. PLEASE SOMEONE PUT A STOP TO THIS AWFUL RESPRSENTATION OF SOBRIETY. *****

CAN should bring back the women's meetings that were very popular. These were 12 & 12 and Big Book discussion meetings. Sometimes woman are taken advantage of in meetings, and it is important for females to feel safe in meetings and be able to create relationships with other women.

I think a "friendship" night would be nice, where we introduce ourselves and tell others a bit about our background...too often, we are simply a name, particularly to newcomers. Not sure how that would work, but just thinking out loud.

Thanks for the help and the love CAN!

a more user-friendly survey. so far this is my 3rd attempt thus far and my first comment this go round. my 2nd attempt was submitted prior to my completion after it froze.

I would be interested to hear how other groups are navigating this time, and what is working well or not so well. What experiences from other groups can we leverage?

I love Clean Air North. Let's keep it going by learning something from this inventory.

Regarding the 7th Tradition, I really don't know what the status is on the donations. CAN remains my home group....the best home group I've been privileged to attend in my 32 years of sobriety. It will survive these challenging times. Some of our members will leave it. But most of us can't wait "to get back home."

Bring back alanon. Or at least welcome alanon. We include rather than exclude. Make women's meetings a welcome opportunity! More principles over personalities!!!

Thank you for keeping the doors open. The group and facility is doing well considering the cirrent issues that the people and governments are having. Good Job CAN - grateful recovering alcoholic.

I pray that we may find the path of reconciliation and healing, so that we may continue to grow together in spirit.

Thank you and Next Steps...

THANK YOU for taking the time to help us gather this information.

Please join us on Sunday, November 22, 2020 from 1-4pm where we will have a third-party individual – Jimmy D. to help us to moderate and allow us to have a frank discussion about the information contained in this report.

We hope you will join us for this very important step to complete the Group Inventory process.

This meeting will be a hybrid meeting (taking place at the group's physical location as well as on Zoom.) This was done as requested by the moderator and decided by Group Conscience Meeting on October 11, 2020