



Agir avec humilité
Humility in action
Actuar con humildad

Area 87

December 13th 2025 Area Committee Meeting / Minutes

Held at the R.C.S.C. St-Zotique

10 a.m. - Opening / Serenity Prayer

Recitation of the Serenity Prayer.

Lucien J. (**Chairperson**) welcomes everyone.

Opening / Traditions / Roll call / Adoption of the Agenda / Adoption of the September 2025 minutes /

Remarks by the Chairperson / Approved by the Alternate Chairperson.

Opening: Lucien welcomes everyone and is very pleased to see so many of us here.

Reading of Traditions: 1 to 6 – Bob (**in English**) 7 to 12 – Marco L. (**in French**) humorously dedicating the 7th to our treasurer Lynda and thanking Lucien for his involvement.

Present

Lucien J. - Chairperson
Gilles F. - Alternate chairperson
André D. - Delegate
Sylvie B. - Alternate delegate
Lynda B. - Treasurer
Benoit P. - Secretary
Alain D. - Alternate secretary
Ginette W. - Executive director
Pierre V. - Archives (in the absence of Pierre C.)
Jason E. - Correctional Facilities(**alternate**) (**french**)
Raymond D. - Area Convention
Geoffrey P. - Correctional Facilities
Nicole A. - helpline
Renald D. - Public Information

Roll call:

Absent (red color)

Lucille D. – Alternate Treasurer (resigned)
Lita S. - Alternate Helpline
Pierre C. - Archives (Pierre V. replaces him)
Thomas G. - Treatment Centers
André L. - Publications

Melissa H. - D.C.M 87-07
Marie-Claude G. - D.C.M. 87-15
Alain B. - D.C.M. 87-21
Francis V. - D.C.M. 87-27
Hector Z. - D.C.M. O.I.H. 87-32

Daniel C. - Publications

Kathleen R. - Group Services

Pierre A. - Technology

François D. - D.C.M. 87-01

Nancy C. - D.C.M. 87-18

Sophie S. - D.C.M.87-02

Zachary C. - A- D.C.M 87-19

Serge F. - Alternate-D.C.M. 87-04

John B. - Alternate D.C.M. 87-22

Philippe J. - D.C.M 87-06

Carole M. - D.C.M. 87-24

Richard D. - D.C.M. 87-10

Marie-Hélène P. - D.C.M. 87-14

François D. - D.C.M. 87-13

Laurence C. - Alternate -D.C.M. 87-14

Martin R. - D.C.M. 87-16

Gilles V. - D.C.M. 87-17

28 voters (*I count 30 – Réjean B. - to be verified*)

Reading of the Agenda: by Lucien J.

Intervention by Sophie S. - D.C.M 87-02: She asks why the proposal on the presentation of the January 2026 Welcome meeting, which was made at the last Area meeting and was not seconded, is not on today's agenda, as we have not yet had a discussion on it. She feels that they have not been heard.

Lucien J. hands the microphone to Lynda B. because there has been discussion on this subject and Lucien tells us that he was absent.

Lynda B. tells Sophie that she has been heard and that the four questions on this document were approved by the Steering committee at their last meeting and that this item will be on the agenda for the January 2026 Welcome meeting.

Sophie nevertheless insists that this proposal should have been seconded with follow-up discussion.

Adoption of the agenda: proposed by Gilles V. and seconded by Raymond D.

No objection to the agenda.

Lucien J. asks Benoit P. to add **Daniel C.** as the representative of the Publications committee for today.

Lucien reminded us of the rules for interventions at the microphone and not to move the TV sets, as one was broken last time when people tried to help out and we had to buy another one. The television sets must remain where they are.

Lucie B. is confirmed as Alternate Chair of area 87 after she introduced herself at the microphone with a brief presentation.

Approval of the minutes of the September 2025 meeting: proposed by Alain D. (**Alternate Secretary**) seconded by François D. (**D.C.M. 87-01**)

PowerPoint: District Twinning – by Lucien J.

(This was more of a comprehensive presentation of the Area 87 structure)

Treasurer's Report and Budget Presentation: Lynda B.

Lynda B. announces she has four points to present.

Financial Statements as of October 31, 2025: We have a surplus, with revenues above projections and expenses higher than our projections. She had told us last month about the back pay that was issued in October. Consequence: a surplus of \$7,828.64. Approved unanimously. (**seconded by? - difficult to hear the name**)

Financial Statements as of November 30, 2025: surplus of \$7,388.62, still slightly above projections for revenues and administrative expenses, well below for our Area expenses and almost \$9,000.00 below for committee expenses. **Renald D. seconded.** Approved unanimously.

Budget with fictitious figures: an exercise we must do as a responsible organization. Lynda briefly summarized the five columns. The 2026 budget is highlighted. In January, the figures will be the actual one because the financial statements will be completed as of December 31, 2025.

For 2026, it was decided that there will be no increase in the price of publications, even though their cost has increased.

We are fortunate to have qualified employees at the ASO, and we want to take care of them with salaries. We also have committees whose budgets are mainly used to help the still suffering alcoholics. We work with an external firm at a very affordable price to help us with IT support. We have indeed run into minor problems with network connections of our computer equipment, which may have become a slightly outdated. This has taken into consideration in drafting the 2026 budget. She invites everyone to contact her with any questions or for any other reason regarding the documents presented today.

Lynda tables the motion and **Gilles V. seconds it.** No objections. Adopted unanimously.

4th Point: As there are several new D.C.M.s present, Lynda encourages them to invite her to their districts to talk about the 7th tradition. She shares with us the wise advice she once received, which is to always put all expenses in your districts to a vote in order to avoid controversy. Members appreciate this opportunity to ask questions and give their opinions before an expense is approved.

District twinning: by Lucien J.

D.C.M.s are to the Area committee what delegates are to the (General Services) Conference.

Lucien explains why there is a parallel between D.C.M.s and delegates in the structure.

There are five possible choices by order of preference for D.C.M.s to join a service committee during their term (**twinning**).

He reads the PowerPoint presentation, recounting anecdotes and his personal experiences.

Gilles tells Lucien that 16 of the 18 sheets have already been received (**the sheets with the five choices for twinning with committees**).

Committee Reports: led by Gilles F.

Alternate Chair Gilles informs us that there will be no confirmations today, even though it was indicated on the agenda, and explains why.

Pierre A. - Technology Committee:

His message focuses on the importance of activating service emails for new DCMs and Alternate DCMs, and he clearly explains how to proceed via our website.

Question : Marie-Hélène P. - D.C.M 87-26

She only had to request a new password to access the service email, is that correct?

Answer: Pierre A.: Same process for changing passwords through the Technology Committee. It is important not to delete any emails when our term ends. What is there must remain there. This is the tradition we follow so that we can issue new passwords.

Question: Kayla W. - Group Services: Is it the same form to fill out for Alternate DCMs and Committee coordinators and their alternates?

Answer: Pierre: Yes.

Gilles requests that outgoing coordinators share about their experiences rather than report on their activities.

Kathleen R. - Group Services Committee:

She quotes Albert Einstein: “Knowledge is gained through experience; everything else is just information.”

This committee requires a lot of people. Everything she has done is important for herself and for others. She said she has learned a little more how to listen, to answer, to pass on information, and give back what she has learned from others. We must serve with gratitude and humility. That is what I have learned along the way. The more you involve yourself, the more spiritual experiences you will have that will gradually change you. Sometimes we encounter hardships that are necessary for our recovery.

She sincerely believes that service helps her live her twelve-step lifestyle while helping her live in groups through the traditions. That said, the group services committee is the most interesting because we are at the service of our groups.

Daniel C. - Publications committee: Chairperson

Meeting two days ago. It was quite interesting. They reviewed their guidelines. They are almost ready for presentation to the Steering committee. We are looking for an editor for *Echo*, *Echo*, *Eco*. The current coordinator is handling it and will be there for another year if someone expresses interest in being sponsored for the position. The more people we have on a committee, the lighter the workload, since it is shared. We had a discussion about the brochure “Black People in A.A.” After 15 minutes, we realized that the challenges are the same whether we are black or white. The discussion then shifted to how to promote inclusion. We believe we should add the word “person” before “color.” The next meeting will be on January 8 via Zoom. We will discuss Jack Alexander's article.

Renald D. - Public Information Committee:

What his role as coordinator of the Public Information Committee has brought him. It has brought him a lot, and he explains how. On page 178 of the 12/12 book, we read – “Most alcoholics are fallen

idealists.” When he read that, he says, “the puck went into the net!” "Almost all of them had dreamed of doing a lot of good, of accomplishing great things, of embodying a sublime ideal. We are all perfectionists who, unable to achieve perfection, have gone to the other extreme and settled for total oblivion." The positions he has held have greatly helped him in his recovery. For him, everything got worse in AA and there was nothing ideological about it. It helped him lose his sense of uselessness. He enjoyed the target audience of non-alcoholics and telling them that AA has a solution to the problem of alcoholism and that the program has proven itself. He proudly showed us the new IP banner with the 12 questions used at information booths. He confirmed that the banner has been successful and that non-alcoholics have a glimmer of hope in their eyes when they see it. The committee is in good shape and Raymond P. will be the next coordinator, accompanied by Michel, as alternate coordinator, who was involved in public information in 87-02, Isabelle L. as secretary, and Christian P. from 87-22, who will be alternate secretary. For his part, he will be on the C.P.C. committee.

Nicole A. - Helpline Committee:

November 24, 2025

Coordinator's Report:

The Helpline Committee has recently found an Alternate Coordinator; I introduced him to Ginette at the area elections in October and he has received his service email. He attended the area committee meeting in November as I was not able to attend. Simon gave the update on our recent activities at the microphone and enjoyed his experience held at the ASO. He remarked that everyone was supportive.

I attended the post area 87 convention meeting to learn that 1,200 tickets were sold in total and that there was a surplus of \$6,000 which means that the Area Convention Committee has a healthy budget to start for next year. Congratulations for all your hard work Raymond D. and trusted servants that put this amazing activity on.

The Helpline Committee did a Power Point presentation at the event which I initiated with the support from members such as Jennifer GSR from District 08 from Catch the Spirit who put it all together. Simon B., Bert and myself went over the slides and about 10 members attended the workshop on ‘ How it Works’ which is a summary of the tools used by the committee to train phone workers, help the suffering alcoholic with Helpline referral numbers, meeting information, various flyers etc.

The South Shore Round -Up held on November 1st was well attended throughout the day, the Helpline had its usual table as well as Correctional Facilities, Marijuana Anonymous and Cocaine Anonymous. I think if the organizing committee could give a chance to the various committees to present a brief summary of what their committee offer the community to help people recover.

I filled the financial report and sent it back to the treasurer Linda which is important for all the committees as the budget enables a committee to aid the suffering alcoholic. The Helpline event gives us the opportunity to thank our phone workers and reach out to the English community. This event enabled us to recruit a new DLP who in turn recruited another one who has IT experience which is critical for our committee’s web updates.

Nicole A.

Helpline Committee Coordinator

Area 87

A few words as an outgoing coordinator to share with you all;

I thank you for the opportunity to have been part of the Helpline Committee which started during the pandemic five years ago. I realized as the alternate chairperson that they hadn't had a committee meeting in two years, so I emailed the phone numbers that were on file and asked if they wanted to have a committee meeting and the answer was a resounding YES they wanted to have an election and vote in a new coordinator! This started my journey in the Helpline which I had been paired with as a DCM years ago. Bruce H. was nominated and asked me to stay on as secretary and two years later he asked me to stay on as coordinator which included being a phone worker and a DLP. The Helpline works as one of our English delegate's and elected alternate came in through it in the past five years, and many more trusted servants, helping moms and dads get sober so their children can stop the cycle of addiction.

These members in turn attended a Group Services Committee Seminar maybe 10 years ago, so you see all the committees play a hand in welcoming the newcomer.

Tommy who was a sponsee of Dave B. founder here in Quebec used to say; '...and you ask me if AA works?' with a loud bellowing voice heard at many meetings and anniversaries including as a guest of honor at the area 87 convention which was attended by Dave B.s two grown up children.

It does indeed Tommy!

Amanda S. - Correctional facilities committee:

She presented a PowerPoint in French on the "*Bridging The Gap*" event held in Ontario, California, September 5 to 7, 2025. A detailed report in French and English on this event is available if you would like to read it. Please contact Amanda to obtain it.

A report on the National Corrections Conference is also available. This event was held in Nashville, Tennessee, USA, from November 7 to 9, 2025, under the theme "*Freedom from within.*"

Presentation of the A.S.O. (Area Services Office) by Ginette W.:

Ginette first thanked André D., who served as alternate delegate and delegate and persevered during these four difficult years, and she also thanks Lucien, who came to the rescue at the beginning of 2024. She believes that this allowed the Area committee as a whole to get back on track and become a place where people were eager to attend. She also thanked the DCMs and Committee coordinators who were completing their terms. These are intense terms that require a lot of time. They require a lot of sacrifice and negotiation at home. She knows something about that, she tells us. It takes a lot of humility, and these are thankless tasks. We are not here to be loved, but above all to serve. These are experiences that change our lives and our recovery. Nothing is perfect. Mistakes sometimes happen, and that requires a lot of tolerance, patience, and love. However, there is never any doubt about people's sincerity and their desire to serve to the best of their ability.

On the table:

Two articles from Box-459—one from 2007 and the other from 2017.
A pink sheet on the literature counter.

The presentation:

Ginette adapted the presentation she had given with Alexandra at the “*Catch the Spirit*” event in June 2025 in English.

D.C.M. Reports: Lucien tells us that the outgoing D.C.M.s were asked to share how they experienced their term of office. The order was decided through a draw; duration of each service sharing: 3 minutes.

Marie-Elaine P. - 87-26:

15 months as an Alternate D.C.M. with a completed 2-year term. She had settled into her routine of attending assemblies and Area Committee meetings. She has not yet decided where she will become involved next. She had a smooth term. What struck her most was how much she was supported, embraced, and loved in a gentle way. She tried to give the GSRs as much space as she could so that they could express themselves and feel that it was their own meeting. When they arrived in the room, she tells us that it wasn't her meeting, and that feeling was shared with the G.S.R.s This created a space for them to express themselves, sometimes on difficult subjects. There were fears and also lots of laughter, with a lot of support between them and between us, in fact. What will stay with her is that she had an incredible alternate, Bianca. She had a lot of support from Marco. She was surrounded by people who had a lot of experience and life experience. She also had Marie-Claude G., who was G.S.R. before her and who became a great friend and was her service sponsor throughout her term. She believes she is leaving a healthy district to Mylène. We are not bourgeois, she jokes, referring to the towns of Verchère, Varennes, and Boucherville, but she says they are generous. She navigated her way through it all, knowing that her goal was to do her best and that she would make mistakes. It was a super rewarding experience that has kept her sober and able to go to all-inclusive resorts without obsessing, and that magic is A.A.

Carole M. - 87-24:

She humorously tells us that she would now be ready to take on the position with confidence. Before volunteering as a D.C.M., she had been a district secretary for four years, but being a D.C.M. is a whole different story. She insists on repeating the word “*pantoute*” (**not at all the same**) four times. The first year went well. There have been a lot of changes in the groups for GSRs. Some groups have had up to nine GSRs in two years. She doesn't know if the district is the cause or if it is herself. Three groups have been without a GSR for two years. There is a lot of turnover, which she finds incredible. Her home group will not have a GSR in 2026. They will arrange for temporary GSRs to attend meetings on a rotating basis to provide information. The second year was a little more difficult. She was put in her place because she had not respected certain traditions. It was hard on her ego, but she learned a lot from it. She had to work to be there, and she tells us she didn't do enough in that regard. She always took positions out of a sense of duty. She tells us that she didn't serve with enough love. She didn't open her heart enough and wasn't present enough or attentive enough to people. She was too much in her own bubble, thinking, “I have to do this and that and that...” ..” and she regrets it enormously. That's why she would be ready to take on the position because of these experiences. She had not served as alternate DCM and dove right into the DCM position. She thanks Daniel, who has

been there for her during these two years, and that is precious. She tells us with humor and great humility that he will be much better since he had her as a role model. She leaves us with sadness and thanks us for the love we have given her, which she in turn passes on to us.

John B. - 87-22:

“I’m shaking quite a bit inside,” he tells us. His DCM, Yves, called him back around 10:15 this morning to tell him he would be absent, so he hadn't prepared anything. He listens attentively to all of us. He has been an alternate DCM for 2-3 months and will start as an DCM next January. He hopes he won't be as nervous as he is now for the next two years (laughter). The district is doing relatively well. There is just one group that has been without an GSR for a week. There is good representation of groups at district meetings. One issue that comes up often is money for correctional facilities. Lynda will be at their district meeting in three months to clarify this point, among others. There is a lot of new blood since the last elections. The alternate DCM is fairly new to the movement, so is he. There have been a lot of changes in the committees. He would like all the committees to have guidelines. There is a lot of work to be done at this level.

Zachary C. - 87-19:

DCM for District 19 and DCM for the first time. Five to 12 groups attend district meetings, but he doesn't really know how many groups there are. They developed the district guidelines. It took about 3 or 4 meetings to write them. They only had a French template to work from, and they translated them using artificial intelligence and did their best. It took a while to finally vote on them, and he doesn't really believe they read them (laughs). He has been GSR for two and a half years and remembers that no copy of the guidelines could be found. They now have a basic copy to work from, but they plan to take inventory and update them in the near future.

Alain B. - 87-21:

He has been an DCM since January 2025 and says he is happy to still be with us for another year. The district is doing great. A new group is taking shape. They have a group that comes from Area 88. There are now three groups from other areas, one of which needs involvement. He will communicate with the members of this group and try to find solutions to this problem. He had the pleasure of sharing his experience as DCM at the District 87-05 service brunch. He thanks the people who invited him.

Below is the report he submitted to their January 2026 district meeting, which we believe is relevant to share with you.

Area Committee meeting on Saturday, December 13, good attendance. Now impossible via Zoom, need for involvement;

- November financial statements explained and voted on
- Choice of district twinning for committees
- A word from the delegate Suggestion: Reach out to young people through schools (Public information)

-Service sponsorship

- Importance of finding a service sponsor
- parrainageservice@aa87.org

Echo Echo Eco

- Seeking an editor-in-chief for a two-year term. For more information, contact the Publications committee at comitedespublications@aa87.org

-The service manual will be provided to all new incoming GSRs;

- Hybrid meetings discontinued: need for involvement;

-Area 87

- Our Area Convention Committee is seeking an alternate coordinator

-If you require photocopies, contact the Area Service Office for very competitive prices:

-The Territorial Forum will take place on August 21-22 and 23, 2026, in Boucherville... to be continued;

Nancy C. - 87-18 (D.C.M):

Outgoing DCM. Before giving her report, she asks us all to recite the declaration of responsibility in French and English. Nancy reads her report, written in English.

Bonjour, je m'appelle Nancy C. et je suis alcoolique

Hello, my name is Nancy C. and I'm an alcoholic

Hola, me llamo Nancy C. y soy alcoholica.

Good Morning, my name is Nancy C. and I am an alcoholic. I also stand before you, my friends in trusted service, as outgoing DCM (District Committee Member) for Area 87 District 18. Here's a bit of information: the district is geographically designated as NDG-Verdun - is linguistically tagged as being English (1 of 5 such districts in Area 87) - and is rightfully considered to be a ground-zero point of departure for many recovered and recovering alcoholics. We kinda like this last fact.

In lieu of delivering a district report, I've been asked to speak about how the priveleged opportunity to serve 2 years as DCM has changed me personally. The idea behind this request is to encourage and inspire those of you who are beginning your service journeys ... particularly new DCMs and alternates ... HOWEVER.... as we are all presently sitting in an A.A. Area Service Assembly, it is likely that a decision to serve the Fellowship, your Group, District, Area and perhaps beyond has already been made ... and so I simply have to congratulate you on taking this decision and this step.

Your sobriety is about to skyrocket and your understanding of our great movement is about to be deepened and enriched forever. Congratulations! The desire to serve comes from within, and you have discovered it!

Service in A.A. has provided many meaningful moments. In my experience, they typically arrived unexpectedly - unearned - unasked for. On some occasions the experiences are shared collectively - at other times I live them alone.

One such special moment took place last Tuesday, at the final District 18 meeting I had the privilege to chair. I was rotating out and it felt right. Our wonderful incoming DCM made a request. Asked that we

interrupt our pizza and chocolate feasting to look around the table. We did. And we smiled at each other. 14 incredible GSRs and District officers seated around 3 wobbly folding tables.

A nice unity moment I thought - but there was more...

We were asked to reflect back - to when our district had been Dark and Orphaned. Not so long ago. With no DCM, few GSRs, no vital connection between the groups and the area service structure. No district meetings. Nothing linking the groups to the Fellowship as a whole. Bad news for the alcoholic inside and outside the rooms. But a handful of district members persevered and with the help of an area alternate delegate - who was armed with the facts and a service manual - and who cared - groups were visited and members were informed about General service. Eventually, 4 GSRs signed up and a DCM was found. The district was relit, monthly district meetings were again scheduled and A.A. service work resumed.

Now two years later...groups are doing well and our primary purpose is being carried out. More GSRs are expected to join us ...we will need more chairs at this rate...lol

Now please let me introduce incoming DCM Michael P. and incoming Alternate DCM Aaron V. ...

I am responsible, when anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible.

Lucien reminds us that Nancy is our elected Alternate delegate for 2026-2027.

Martin R. - 87-16:

He was alternate DCM for one year, followed by his two-year term as DCM, which is coming to an end. He noted that acrimonious debates had no place at the Area committee and that goodwill was palpable. That is why he always wanted to come back. He said he had been quite diligent during his term. What did he get out of it? He experienced ups and downs. He understood that unity came before personal friendships. He had to ask the secretary of his district, who was one of his good friends, to step down from his position. This situation put him in conflict with himself. He understood that unity was more important than the friendship he had with this person. He is happy to have found answers to several questions he had been asking himself. He posed these questions to his district committee, and the answers were very interesting, if only those pertaining to the violence in groups and animal rights in group meetings. He understood the great importance of service sponsorship. He turned to his sponsor in the most difficult moments.

He says that it is thanks to service sponsorship that he was able to complete his term as DCM. He tells us that there are sometimes difficult moments. But he gains a lot from it, on a human level. Long live the Area committee.

Gilles V. - 87-17:

He is finishing an interim term and will not be DCM for 2026-2027 because he cannot answer yes to all three questions. He knows his district well, having served as GSR in various groups and as district

secretary for several years. He was appointed DCM under the mandate of the person he is currently replacing as alternate DCM, which he meant to say when he corrected himself, but at a time when he was experiencing major health issues. When he told him not to attend meetings, it suited him not to push too hard in order to learn how to become a future DCM. He paid dearly for it, he confides. In October, three weeks after his hip surgery, the DCM fell ill and he found himself taking on the task overnight, leading his first district meeting, which was disastrous. It wasn't a disaster in substance, but rather in form. There is a turnover problem in his district with several older members who don't want to hear too much about service. The GSR in the noon meetings has to be very... very brief, and many GSRs do not finish their terms.

He proposed changing the format of the meetings during the first three months to give us time to discuss our issues, and it worked. He called his service sponsor after his first meeting and told him he needed him.

He got him on track in 10 minutes, and everything changed, including a conflictual situation and confusion due to inadequate communication. The second meeting was extraordinary. The person with whom he had been in conflict became a friend. Without his sponsor, who is also his service sponsor, none of this would have happened. They want to generate something new in the district.

The third meeting is coming up soon, where he will most likely be nominated as Public information officer. He feels right at home on this committee. There will be a challenge to fill the DCM position. GSR participation is strong, with about 90% attendance at meetings. The district is healthy despite a few drawbacks. He enjoys the energy of the Area meetings and plans to return, if only to set up chairs.

Renald D., Public information Committee coordinator invites incoming and outgoing DCMs to a small caucus in Room 204 during the lunch break: an opportunity for them to exchange ideas and share experiences.

Christmas Buffet

Secretaries: survey, notebook, service email ([webmaster](#)):

Alain D. announces that he must resign from his position as alternate secretary, explaining his reasons.

Survey: He reminds DCMs and Service Committee Coordinators that an email was sent to them at the last Area meeting when he was managing the electronic survey. He did not receive many responses. The link is still valid and Ginette will send it again. He asks that it be filled out so that the Steering committee can better serve the Area committees. Your ideas will help us better understand the needs.

Émile from MONQYPAA: MONQYPAA is now a module of the public information committee.

Emile P. introduces himself as the events coordinator for MONQYPAA and alternate DCM 87-10. Flyers for the New Year's Eve party are available in French and English, and will eventually be available in Spanish. The agreement with Vanier College has been renewed. The flyers will be on the publications' table. Tickets will be available at the ASO starting next week. He provides contact information for them.

Pierre A. - Technology Committee:

Area website: Pierre briefly explains how our website works in terms of its structure.

From the **Resources** tab, go to **Forms** and then to **Technology Support** at the bottom of the page. You then submit an *email support request*. You identify yourself by specifying your new role and fill out the form with the contact information requested. The last option to check is the third one, which is email support for AA87 and SharePoint, which he wants to talk to us about. You will see a list of options: *change my password, Am I a new trusted servant, Help for the use of SharePoint*, and others. He gives his Technology Committee email address: ct@aa87.org

Email is like a key that can direct you to a suite of applications. Some may be familiar with SharePoint and Teams. We recently created forms for the detention center committee's "*Bridging the Gap*" initiative. An Excel spreadsheet is generated with all the responses once the form is completed. A copy of these statistics and responses can be forwarded to your email address upon request.

They are currently testing something we created for the **Helpline**. All of their statistics are automated thanks to a form. The previous method required several steps, and the new method is greatly facilitated by volunteers who enter their statistics into this system at the end of their shift.

These tools, available with Microsoft, are commonly used. We have these advantages in Area 87, which is a non-profit organization, and it is a free program. Pierre tells us not to hesitate to contact the committee for anything.

Lucien: Advertising - Workshop on the role of the DCM, February 28 from 9 a.m. to noon at the ASO, Area service office. The same workshop will be held in English in the afternoon.

D.C.M. Reports (continued):

Laurence C. - Alternate DCM 87-14:

Sophie D. - Outgoing DCM, asked Laurence to read her report.

"I loved my experience as an DCM, I was in my element. The Area meetings need to be restarted in order to fully understand how the structure works. What I take away from this is that everything takes time, listening, acceptance, and humility. I witnessed anger between some members, personality conflicts, and personal ambitions, and this has no place in AA. So time passed, and those same people were still going through difficult situations. I witnessed this. It allowed me to take stock of my journey and understand the disease. It required me to listen more and talk less. I had to let go and welcome, and above all, keep in mind that my involvement is for the still suffering alcoholic. I had to remember that knowledge is useless if I don't put it into practice. I had to remember that I am a servant among others and that at any moment, other servants can continue my work. Nothing belongs to me, but I am responsible for what I do and what I say. I am happy with the solutions suggested by members regarding sensitive topics such as money. The meetings held outside the movement to help people experiencing conflicts find solutions based on AA principles and also to be able to use AA solutions in my own life. For those who would like to know more, I am interested in becoming a service sponsor. Do you need one? Congratulations to all outgoing and incoming DCM. A wonderful life experience awaits you. Happy Holidays!

François D. DCM 87-13:

The district is doing relatively well with good participation. A few new GSRs have joined us recently and seem very motivated. He has been in office for a year. He had lots of plans with all the committees, but the reality is quite different. His disappointment quickly turned to joy with the district meetings. An

average of 10 to 15 GSRs attend district meetings. The GSRs recently requested two workshops through the group services committee, including one on welcoming, which was masterfully delivered and very interesting, with many references from the Big Book, so it remained within the program and was not utopian. There was another request on anonymity. There was a lot of participation, not only from GSRs but also from other members. His main task will be to find an alternate..

François would not want the district to be left without leadership next December. There are other positions to be filled as well, such as secretary and treasurer.

Richard D. - DRO 87-10:

The district leadership committee was entirely interim and was re-elected in its entirety to the same positions for full terms, DCM, AM, and treasurer. Richard would like to share his experience as interim DCM, particularly relating to the humility of being a servant. We are not there to answer all the questions, but as members of the district to move things forward. We serve the district and the GSRs. It takes a lot of humility because we come into office to do a good job. He tells us that he arrived there out of the blue. I thought I was going to serve a two-year term as an alternate. He had to act as DCM from the very first district meeting in the absence of the person who was DCM. His big discovery was that he quickly realized that this work cannot be done alone. He listened to his team because he wanted to learn, telling them: *'It looks like I'm going to be the one leading this!'* He told them at the start: *'I'll get started, and I won't be able to answer all your questions, but we'll figure it out together. We're going to experience this adventure together, and it will be the best.'*

District 87-10 has a tradition of involving district committee members in all activities and events such as Area meetings, CERASAA, etc., and the district has always paid for these expenses, which has paid off with people becoming interested in service. They have a beautiful, dynamic district. The district would like to host the service brunch in 2026 if available. He humorously recounts how his adventure began with the help of his service sponsor, saying that he wanted to learn, but that he isn't learning because he has the "lead" from the start (lol)! His sponsor said to him, "You're going to be the host? Can you read? Well, that's it!" (*laughter in the room*). It's silly, Richard tells us, but it's as simple as that. He has learned to be a little more rigorous because he considers himself a bit of a "slacker" in general. A little more discipline in his notes so he can communicate effectively. It's a PLUS for him and the district, in addition to learning to live and serve with other alcoholics. He says he's just one alcoholic among other alcoholics. He looks for answers if he doesn't have them to the questions he's asked. DCM work is a team effort.

Here is the report Richard submitted to the area secretary:

December 13, 2025 District 10 Report

At our meeting on December 9, we re-elected our friend Michel as treasurer, a position he had also held on an interim basis. We exchanged views on whether we would contribute to the Christmas party organized by District 1. It was decided that we would. For the next service brunch organized by the districts, we would be interested in organizing it for District 10.

Richard D. - DCM 87-01

Philippe J. - Alternate DCM 87-06:

About half of the GSRs attend district meetings. He began his term as alternate DCM in May 2025, figuring out for himself what the duties of his position entailed. He found his answers through the committee, SharePoint, etc. This is his last intervention as alternate as he will begin as DCM in January. A secretary is starting this year, which will result in a structure that did not exist before. The

alternate DCM position is still vacant despite the fact that members have been approached. He intends to visit all the districts, and there are many of them. He wants to propose ideas to the GSRs because there is a lack of involvement. Many say yes, yes, yes, but when the time comes, many back out.

We were supposed to hold a Halloween activity, but the person backed out for family reasons. He has been listening to us and taking notes since he joined us. He expresses his gratitude to AA and the services that saved his life. He thanks everyone for sharing their experiences.

Serge F. - Alternate DCM 87-04:

He has no report because his DCM was supposed to be present and withdrew at the last minute due to health issues in the family. He congratulates the outgoing DCMs. He lives in Napierville (87-15) but is here in 87-04 as alternate DCM since there was no one else. Jean-Victor was elected as Alternate DCM

Sophie S. - DCM 87-02:

Outgoing DCM. She had an extraordinary experience in this role. She grew in emotional sobriety like never before. It all started with her position as GSR. She befriended the person who became her sponsor, Fernand F., who was the DCM of 87-02 at the time. She expressed to Fernand her desire to take on another two-year position. Fernand told her that she had completed her term and should move on to something else. He was passionate about service and the structure of the movement. She was fortunate to benefit from all of this. She presented herself as interim alternate DCM because Fernand had to leave his position due to illness. The alternate DCM at the time therefore took the position of DCM. She said she was very surprised by the DCM's reaction when he was told by an GSR that he should have started the district meeting by inviting people to introduce themselves individually in turn around the table. He responded with a humility and an emotional serenity that disconcerted her. He sincerely thanked the GSR, while she was boiling inside. The position of DCM allowed her to develop these qualities. She tells us that she gets worked up on certain occasions and that it will always be that way because it is part of her character to be hot-blooded and react, but she has learned to control it. And the more time passes, the easier it gets. When she distances herself, it's because she's feeling emotional turmoil, she tells us. It's not that she doesn't love us. Taking on responsibility allows us to grow in emotional spirituality. She also learned from her faithful Fernand that this work cannot be done alone. She is very grateful to Suzanne for helping and supporting her in her mandate. She is proud to have contributed to the enthusiasm of the GSRs alongside Suzanne. Finally, she introduces us to the new team that will be taking over.

François D. DCM - 87-01:

An alternate DCM was elected at their last district meeting, Antoine, and the groups had a strong presence. However, there is still no secretary. It is difficult to achieve stability, but we have a good core of GSRs. There have been no GSR reports for some time in the district. We used to do it verbally, and it took about 30 to 45 minutes. This time slot has now been replaced by a theme related to what they are experiencing in their groups, and this approach energizes the district in terms of issues and perceptions. They have successfully implemented this new approach, which is working well. There are three committees, one of which is very active these days with the December 24 Christmas event, which is under the auspices of 87-01.

Nearly 400 meals were served last year. This committee requires a great deal of responsibility and involvement. The district inventory has been completed and the guidelines will be finalized in January.

A Word from the Delegate: André D.

He wrote a text a few days ago in the heat of the moment and is reading it to us:

Hello, my friends, My name is André D., and I am an alcoholic. I have the honor and privilege of serving as delegate for Area 87—Southwest Quebec, Panel 74. Before beginning my report, I would like to thank all the members of the Area Committee for your work and your unwavering support in carrying the message of Alcoholics Anonymous to those who need it so much, wherever they may be. First, I would like to express my sincere gratitude for allowing me to serve the groups in our area for the past four years: two years as alternate delegate and two years as delegate. According to our *AA Service Manual* (Chapter 5), this wealth of experience accumulated over time sometimes allows the delegate to take the lead, when necessary, in finding and developing solutions to problems related to services or Traditions. By understanding the shared experience, perspectives, and group conscience of their area, while being accountable to the entire Conference, the delegate can leverage this experience through his leadership role (Concept IX). For Panel 74 of the General Service Conference of Alcoholics Anonymous, I was assigned to the Conference Committee on Public Information. On this subject, I would like to take a few moments of your time to share with you my reflections from the past two years and also from attending almost all of our area Public Information Committee meetings as a visitor. Among other things, I attended the last meeting on December 3. For Panel 76, that is, for the years 2026 and 2027, I may have one or two suggestions to make to its members. First, Area 87 includes the Island of Montreal, which has a population of 2.1 million. The Montérégie (South Shore) has a population of 1.6 million. A quick search reveals that in 2023-2024, there were a total of 34 regular high schools and some EHDA high schools (for students with disabilities or adjustment or learning difficulties). According to this search, there are a total of 39 high schools, some of which are elementary and high schools. When our Public Information Committee talks about reaching more young people, has anyone tried to contact the CSDM, the EMSB, or the South Shore school boards to try to set up an information program on Alcoholics Anonymous for students in grades 9, 10, and 11? In the Public Information Workbook, a service tool based on the experience of all AAs since the creation of the first Public Information Committee in 1956 by the General Service Board, the following ideas are suggested on page 8: - place a literature rack in every high school, college, police station, library and hospital in the district and keep the rack stocked with appropriate literature and meeting schedules. - **in particular**, send a letter to high schools, offering A.A. literature and A.A. Videos for Young People and/or a presentation on A.A. — on what we do and what we do not do. (See Guide Letters in the PI Workbook) By following these two simple “suggestions,” not only could AA in Area 87 reach more young people, but we could also expand the reach of our message to our remote communities.

Unless you are blind, our high schools are teeming with ethnic and cultural diversity. On this subject, I suggest you read the presentation I gave at the General Service Conference about Area 87 Remote Communities in March 2024. Regarding collaboration with AI-Anon and Alateen, in the A.A. Guidelines on the Relationship Between A.A. and AI-Anon (MG-8), there is a series of questions and answers stating that, "As the primary purpose of the A.A. group is to help the sick alcoholic to recover and AI-Anon Family Groups offer strength and hope for friends and families of problem drinkers, it is suggested they not be combined, but remain separate groups. This enables both Fellowships to function within their Twelve Traditions and to carry their messages more effectively" In short, we collaborate with AI-Anon, but we do not endorse them on our platforms. They don't need it. They know very well what they are doing. In this regard, our Sixth Tradition is crystal clear. Yet again, as regards our Twelve A.A. Traditions, it might also be good to consider them as a set of principles that should and can be looked at as a “whole”. And when we unravel this “whole”, we should be ever mindful of this principle and of the need for Unity in our association, and how we can use all of the traditions to preserve this Unity or at the very least, encourage it. In closing, to all those who serve at the group and district levels, your members trust you. That is why you are called “trusted servants.” You are at their service because they trust you. They trust that you will act with tact and kindness in accordance with our spiritual principles while pursuing our primary purpose: to carry the A.A. message to those who sorely need it and do not yet know that A.A. exists. And let's leave it to our friends from the

general public to sing our praises by continuing to inform them about what we are and what we are not. On that note... Thank you for your efforts, your personal sacrifices, your encouragement, and thank you for serving. Long live Alcoholics Anonymous. Love & Service.

André D. Delegate

R87/P74 Alcoholics Anonymous

A Word from the Alternate Delegate: Sylvie B.

Our area will host the 2026 **Regional Forum** in District 87-26 in Boucherville. The Chairperson and staff of the General Service Office (GSO) in New York will be there to answer our questions, discuss their work to serve us, and how they can help us. The GSO is taking care of the venue rental and logistics, but we need your help. We need a conductor, she tells us. We will need members to help out in 13 different areas, including welcome committee, registration, translation, and members to shuttle New York staff members from the airport to the hotel and vice versa, not to mention Joyce S., who is our Regional Trustee for Eastern Canada.

So we need someone to orchestrate everything to work in conjunction with a member of the Steering committee, and it's for yesterday and urgent. She tells us not to all rush in at once but that she would like to have some names. We will need a lot of trusted members on the English-speaking side.

We have six English-speaking districts. A Regional Forum is an extraordinary experience. It rekindles the flame and the desire to learn more about AA. She personally knows many people who attended forums out of simple curiosity and who subsequently got involved and served for a long time. Sylvie is asking for our support because she will be very, very, very nervous (she really repeats "very" three times).

The Forum will be held August 21-23, 2026, at the Mortagne Hotel in Boucherville. She says she is lucky to have been responsible for the Provincial Assembly hosted by our Area as Alternate delegate, and in 2026, it will be for the Forum. She wishes us happy holidays and asks us to try to make more time for the still suffering alcoholic in our midst.

Committee Reports:

Raymond D. - Area Convention Committee:

Raymond read his written report, interspersed with his personal comments.

First, here are his comments, followed by his full report:

One of the objectives was to organize the convention with the aim of recreating the atmosphere of previous conventions.

To his surprise, three weeks before the convention, 350 tickets had been sold, and by the end of the convention, a total of 1,250 tickets had been sold. Al-Anon loved their convention. He received the report from Al-Anon yesterday, who appreciated their experience. (French, English, and Spanish). They want to come back next year.

The improv league was greatly appreciated. We only received positive feedback. The atmosphere in the garden was magnificent; it was like being in Florida, he told us enthusiastically. A lot of things were done at the last minute because we weren't getting enough responses. Two venues were not suitable.

We couldn't refer to what had happened the previous year because the college has rooms that can accommodate 40 people. We will need to find more spacious venues, and there are some at the college.

We had planned a three-day convention at a cost of \$19,000.

Three weeks before the convention, tickets were selling, but the money wasn't coming in.

We have to pay a deposit when we rent the college, and 10 days before, we have to pay the total rental amount. Ten days before, there was \$8,000 left in the account. We had to pay \$10,000 and \$2,000 to the cafeteria.

Raymond said he was experiencing financial insecurity and requested a \$15,000 loan from the Steering committee. In the end, the loan was for \$10,000 and was not required as the money started coming in. Given the strike at the college, we were only able to settle everything two days before the convention instead of ten.

They had to cancel Sunday morning and a venue as well. If they hadn't made the two cancellations, they would have ended the convention \$100 over budget. We saved \$6,000 by canceling Sunday and generated a profit of \$6,000.

We could have sold the tickets at a higher price, but the committee decided to keep the prices the same as the previous year in order to attract more people.

Gilles said to him, "In closing..." Raymond decided to continue a little longer because of the importance of what he had to say.

Raymond said he had heard all kinds of comments and that he didn't like to hear things that weren't accurate. The convention was a success, he said. He wanted to tell us so that we would know.

He didn't like being told that we were all crooked. Sixty volunteer requests were made thanks to the website set up for the conference. This approach will be repeated.

Raymond apologized for taking more time than he was allotted and ended by saying that he loves us and wants the convention to be a success again.

Final Report on the Area 87 Convention

Dates: October 24 and 25, 2025

Location: Collège de Maisonneuve, Montreal

Theme: Experience, Strength, and Hope

1. Conference objectives

Carry the message to alcoholics who still suffer.

Promote the services offered by Area 87.

Strengthen the sense of belonging to the AA movement.

Encourage collaboration between AA, Al-Anon, Alateen, and other partners.

Recapture the spirit of past conventions.

2. Participation

Total number of participants: Between 1,200 and 1,250

Groups represented: French-speaking, English-speaking, and Spanish-speaking AA, Al-Anon, Alateen, French-speaking, English-speaking, and Spanish-speaking.
The 12 committees in the region.

3. Schedule

Friday evening: Sharing (music)

Evaluation of activities after sharing

Observations:

- The sharing sessions were a success. Participants expressed their satisfaction and appreciated the quality of the presentations.
- The music program after the sharing sessions was not as popular: most participants had left the room before this activity began.
- Conclusion:
- Music after sharing sessions does not seem to meet participants' expectations and does not encourage participation.
- Recommendation:
- For future conferences, it is advisable not to include music after the sharing sessions in order to maintain participants' interest and attendance until the end of the activities. Saturday: Official opening, committee workshops, improvisation, quiz, sharing sessions, sobriety count, festive evening with dancing.

4. Strengths

Great linguistic and cultural diversity. The diversity brought by the French, English, and Spanish communities was greatly appreciated by participants.

Participation in workshops. Some workshops were very well attended, and participants expressed their satisfaction with the quality of the content presented. However, low participation in other workshops was mentioned, highlighting the need to review the format for future conferences in order to encourage greater involvement.

Warm and inclusive atmosphere. “According to the comments received, participants emphasized that there was a warm and inclusive atmosphere.”

5. Challenges and improvements

Communication: strengthen the dissemination of information before the event.

Logistics: improve signage and sanitation. Have adequate facilities.

6. Finances

Planned budget: \$32,191.70

Actual expenses: \$26,177.22

Final balance: $\$6,014.48 + \$4,811.87 = \$11,741.96$ (\$5,920.90) (\$93.48)

7. Survey

“I loved the diversity of the sharing and the human warmth.”

Survey report.

Methodology

The survey collected responses from 11 participants. Data was collected using a questionnaire administered on site to participants attending the event.

Survey questions

Participants were asked to answer the following four questions:

Questions

1- How would you rate the conference program?

2- How did you find the conference venue?

3- What was your favorite part of the conference?

4- Do you have any suggestions for improving future conferences?

Survey results :

Question 1: How would you rate the conference program?

The majority of participants rated the conference program as excellent, with nine responses in this category. One person said the program was good, and another found it average. These results show a very positive overall assessment, while leaving room for some minor adjustments.

Question 2: How did you find the conference venue?

Regarding the venue, eight respondents rated it as very suitable, while three found it adequate. No participants indicated that the venue was unsuitable or not suitable. These data confirm that the choice of venue largely met expectations.

Question 3: What was your favorite moment of the conference?

Favorite moments varied, but several themes stood out. Participants particularly appreciated the warm welcome and the overall atmosphere, which they described as very good. The sharing between members was cited as a highlight, as were Marc Delorme's presentation and the Archives Committee's presentation. Finally, the speakers were also mentioned among the highlights.

8. Recommendations for the next convention

Increase visibility on social media.

Question 4: Do you have any suggestions for improving future conferences?

Participants offered several suggestions for improvement for future conferences. Suggestions included offering a reduced rate for Saturday evening after 7 p.m., organizing additional sharing sessions in

parallel with the dance in a separate room, and reserving a larger room to accommodate more participants. Improvements to the catering were mentioned, including offering a wider variety of snacks (not just muffins), as well as more lunch boxes and full meals. Better signage for the premises was also recommended. Finally, some participants suggested restructuring the agenda to make the contributions of the various committees more visible.

Gilles F.: Information item.

In November, there was an agenda item entitled “Focus on the future of the convention.” Convention attendees discussed the event they had just experienced. The issue was put back on the agenda for February, when you will be asked what you want from an Area convention, your ideas for the future, and not the past.

Lynda B. - The CPC Committee (Cooperation with the professional community).

She addresses us as a member of the committee. All committees need involvement, but the CPC committee has a particular requirement and she tells us why. Every year, the committee holds an event in March-April for second-year medical students. Eight classes in downtown Montreal and one in Trois-Rivières with two people per class.

Those selected must have attended three other conferences beforehand. The sooner you get involved, the sooner we can fulfill our obligations to this conference. The committee has selected a candidate to become CPC coordinator starting in January 2026. We really need people to get involved, she said in closing.

Pierre V. - Archives Committee:

Pierre is the Area archivist in the absence of Pierre C, who was absent with justification.

His verbal report was very difficult to transcribe because there was a lot of noise around the recorder.

Pierre essentially summarized the committee's work and mission very well, mentioning Bill 25, the ephemeris, and the upcoming archives brunch in March 2026. He concluded by announcing the recent passing of Jocelyne, who was the archivist for Region 90.

Gilles mentions that this morning, the GSRs were asked to fill out the form for choosing their service committees. Benoit compiled the results, which will be announced shortly. An email will be sent to inform you of your committees in order of preference. Apparently, they are well distributed. Gilles would like to thank Lucien for his term as Chairperson and tells us that he will be taking over and doing his best. He gives the floor back to Lucien.

Visitors' comments:

Marco L.: Liked Amanda's report and the photo with Eileen. He had a meeting with Eileen last year at the GSO and it brings back fond memories. He really enjoys the last meetings of the year, which are joyful but also sad. The journey continues when an alternate's term ends, but when a term ends... he tells Lucien that he understands. He shares with us how he has experienced his service bereavements. Leaving is different from arriving. He remembers participating in the first CERAASA held in Area 87. He thanks Lynda for her work and for her conservative budget. He wishes us a happy end to the year and a happy new year next year.

Mylène N. - GSR for the Nouveau Varennes group and incoming DCM for District 87-26:

This is her first meeting like today's, and she tells us she's "*tripping hard.*" There's so much going on, and she needs to calm down, she tells us. There's too much, and I'm going to focus. She thanks us. There's a lot of wisdom and experience here. It feels good to be among us; it's a beautiful Saturday for her. _

Lucien: Any other visitors? Once... twice... three times... sold!

Ginette makes a few announcements about the closing hours of the literature counter and of the ASO along with the reopening date during the Holiday season. There will be a mailing on December 23 for the January news.

Lucien thanks Ginette and the employees, Hélène, William, and Alexandra. Thanks to Eric and Daniel for logistics and sound engineering. Thanks to interpreters Daniel and Robert. Thanks to District 87-16 and the Technology committee who were assigned to help prepare the room. Thanks to Maurice C., who is sitting quietly in the corner. Maurice is always there. Thanks to Benoit, who brought us a delicious lunch. Congratulations to Lucie, who is joining us today as Alternate Chair.

Thanks to André, our Delegate, who has had some difficult moments and some more pleasant ones over the past four years. Thanks to the outgoing DCMs and Committee coordinators.

Lucien gives his outgoing Chairperson's speech with great emotion in French and English. Here it is in its entirety:

"Dear friends, dear servants; First of all, thank you for being here. Tonight, I am ending a term of office. A term that has left me with a deep impression. I have truly enjoyed serving you.

I have served Area 87 without seeking recognition, only to serve our beautiful Area. I tried to do so with humility, with honesty, and with a constant desire to do my best, one day at a time. If this term seemed easier than it could have been, it was not by chance. It was because I was not alone, far from it. I was surrounded by a strong, committed team. A team that did its work with rigor, honesty, and passion. Everyone knew their role. Everyone took it on, and that makes all the difference. Together, we worked with respect for our traditions, in the spirit of service, with the same intention: to carry the message to the still suffering alcoholic. There were challenges, difficult decisions, and moments of doubt. But above all, there was fellowship and listening. Because it was a team with heart. I leave this term with gratitude for what I have learned, for what I have received from you, and for the bonds we have forged and strengthened. I am stepping down as Chairperson, but I am not leaving the service. Area 87 is in good hands. And I am confident about the future. I thank you for your trust. Thank you for your support. Thank you for allowing me to serve you, one day at a time.

Closing of the meeting: moved by Gilles of 87-17 and seconded by Richard of 87-17.

Recitation of the Unity Statement.

Translated with Deepl and reviewed and corrected by Robert M.

