

10am - Sharing Session Opened with the Serenity Prayer by Coree H. Chair. DCMs, visitors, and GSRs attended. Our meeting is open to everyone to learn and participate on the topics. **Please bring radios. Announcements.** Recording secretary announced providing your email to be included on the email list.

Presentation – Our presenter for this month was not available so a group conscience was taken on the agenda for the sharing session and decided upon a presentation on **Best Practices for Communication in Service by Joann L.** → Joann shared her experience serving as a commitment coordinator for her group and creating a text messaging group in which people were overwhelmed with the texts. She learned that her mistake was that she didn't ask first, making the suggestion that we always ask before we attempt communication methods. She made amends to the group, also sharing that she learned that different people tend to respond to different forms of communication. She shared a suggestion that certain personal messages should not be done via text. She believed that the best form of communication is face to face and eyeball to eyeball, but it can be difficult to do this. She shared her experience with emails, and suggested that we practice caution using emails, particularly with respect to group conscience decisions. She shared her experience with using video platforms such as zoom and conference calls, that the challenge she found was when certain participants shared for too long. The biggest and most important lesson she found in communicating in A.A. was that she bring her higher power with her when she communicates.

Members shared. Summary/take home points:

- Forms of communication discussed: Zoom and video conferencing methods, Slack, text messaging, email, phone calls, and face to face
- Importance of getting to know what types of communication certain individuals and groups prefer
- That the Assembly business meeting format is a useful way of solving conflicts in a home group, particularly voting and hearing the minority opinion
- Awareness that some people are not savvy with all forms of communication
- The value of face to face (and voice to voice via phone call) communication as the best methods, and the limits of text messaging and email (e.g., lack of immediate response, can easily create confusion). However, for those that use these frequently, they can be a valuable method of quick, immediate communication and sharing of electronic documents
- Prioritizing information and sharing with the trusted servants for whom it's most relevant
- Guiding our fellow trusted servants on how to communicate more effectively based on our experience
- Limiting and consolidating email communication
- Using a combination of electronic communication and periodic in-person meetings
- A drawback of dissemination of information via email is that it can lead GSRs believing they do not need to attend district meetings
- Sometimes groups are resistant to new forms of communication but they may come around with time
- It's important to be teachable and ask for help, including asking help from our higher power when experiencing challenges in communication (e.g., communicating to group members what happens in business meetings for those that don't attend)
- With respect to communication, questions to ask ourselves: Is it loving, kind, and necessary? What am I trying to communicate and am I clear about it? Have I read it? Do I understand it? Do I have the right words for it? Is there a better way to communicate?

Discussion of topics for next month coming from our October meeting: 1) Reaching out to the African American alcoholic, 2) Difficulties with recovery due to departing from our basic text and too much discussion of opinions (back to basics), and 3) Homeless newcomers. **January's Topic → Back to Basics by Jackie B. from District 06.**

Meeting adjourned at 10:55 AM with the Responsibility Statement

DCM Sharing Session Minutes December 21, 2019

Respectfully submitted,
Sarah B., DCM Sharing Session Recording Secretary