



**Self Support...  
What's it all about?**

**Kathie T.  
Self Support Chair  
Area 83 Eastern Ontario International**

**When Bill stood in the lobby of the Mayflower Hotel and was tempted by the bar, he went to the public phone and started making calls to find another alcoholic to talk to.**

**It is rumoured he made 11 calls before he found one... This may have been the first indication of self support... Time and Money!**

**Bill used his own money to travel, and his own time to carry the message.**



## Our 7th Tradition (long form):

“AA groups themselves ought to be fully supported by the voluntary contributions of their own members. We think that each group should soon achieve this ideal;

that any public solicitation of funds using the name of Alcoholics Anonymous is highly dangerous, whether by groups, clubs, hospitals, or other outside agencies;

...that acceptance of large gifts from any source, or of contributions carrying any obligation whatever, is unwise.

Then, too, we view with much concern those A.A. treasuries which continue, beyond prudent reserves, to accumulate funds for no stated A.A. purpose.

Experience has often warned us that nothing can so surely destroy our spiritual heritage as futile disputes over property, money, and authority.

**SELF SUPPORT is about...**

**TIME and MONEY**

# SELF SUPPORT is about Money ...

Our 7th tradition contributions are used for ACTION.

Self Support is a silent partner of many AA services.

Without Seventh Tradition contributions, it would be tough to carry out district CPC & PI activities, have Area 83 events, or a General Service Office to provide A.A. services world-wide.

# A dollar is not what it used to be...

2023 - \$20.88

1935 - \$1.00



Consider inflation when you contribute your 7th Tradition...

# BIG BOOK PRICING

	Year Published	Original Price	Inflation Adjuster 2023
First 	1939	\$3.50	\$73.09
Second 	1955	\$4.50	\$50.65
Third 	1976	\$5.65	\$28.85
Fourth 	2001	\$6.00	\$9.68



**840,226 copies of the Big Book were distributed by the General Service Office last year (2022)**

**Current price is \$12.00 USD**

First



Second



Third



Fourth



Member Statistics and Services		2020	2021	2022
Number of Members in US/Canada Service Structure		1.49 million	1.4 million	1.4 million
Number of Groups in US/Canada Service Structure		71,260	72,136	58,455
Total Operating Expenses		\$15.68 million	\$17.68 million	\$17.49 million
7 <sup>th</sup> Tradition Self-Support		\$10.26 million	\$10.78 million	\$10.55 million
Cost of Services		\$12.7 million	\$ 9.74 million	\$ 9.83 million
Literature (gross profit)		\$ 9.36 million	\$ 6.29 million	\$4.89 million
<b>Cost of Services/Member</b>				
<b>2021</b>		<b>2022</b>		
$\frac{(17.68 - 6.29)}{1.4}$		$\frac{(17.49 - 4.89)}{1.4}$		
				\$ 8.14 USD (~ \$11CAD)
				\$ 9.00 USD (~ \$12 CAD)
<b>Cost of Services/Group</b>				
<b>2021</b>		<b>2022</b>		
$\frac{(17,680,000 - 6,298,000)}{72,136}$		$\frac{(17,490,000 - 4,890,000)}{58,455}$		
				\$157.79 USD (~ \$215 CAD)
				\$215.55 USD (~ \$293 CAD)

Member Statistics and Services		2021	2022	2023
Number of Members in US/Canada Service Structure		1.4 million	1.4 million	???
Number of Groups in US/Canada Service Structure		72,136	58,455	???
Total Operating Expenses		\$17.68 million	\$17.49 million	\$ 18.29 million
7 <sup>th</sup> Tradition Self-Support		\$10.78 million	\$10.55 million	\$ 4.84 million (June) (↓ 3% from 2022)
Cost of Services		\$ 9.74 million	\$ 9.83 million	\$10.364 million (for the whole year)
Literature (gross profit)		\$ 6.29 million	\$4.89 million	\$ 7.88 million (June) (↑ 38% from 2022)
Cost of Services/Member				
2021		2022		2023
$\frac{(17.68 - 6.29)}{1.4}$		$\frac{(17.49 - 4.89)}{1.4}$		$\frac{18.29 - ???}{???$
		\$ 8.14 USD (~ \$11CAD)		\$ 9.00 USD (~ \$12 CAD) \$7.44/~\$10 CAD
Cost of Services/Group				
2021		2022		
$\frac{(17,680,000 - 6,298,000)}{72,136}$		$\frac{(17,490,000 - 4,890,000)}{58,455}$		$\frac{(18.29 - ???)}{???$
		\$157.79 USD (~ \$215 CAD)		\$215.55 USD (~ \$293 CAD) ~ \$178/\$244CAD

When you or your home group  
contributes to the General Service  
Board (G.S.B.),  
your contribution helps an alcoholic  
around the corner

— or around the world...

\$10/member...\$244/group

# Where does 7th Tradition Money Go?

Group	District	Area	General Service Board
Meeting space	Meeting space	Meeting space	Office space
Coffee & snacks	Coffee	Area Assembly expenses	Staff salaries Email/phone response
Literature, pins, meeting books, pamphlets	Literature to treatment/corrections centers & professionals	Delegate expenses to attend General Service Conference in New York	Website fees Big Book publishing Literature to treatment & correction centers, loners, professionals
GSR expenses for Area Assemblies	District member expenses for Area Assemblies		
<p>Intergroup</p> <p>Phone &amp; internet service, website fees</p> <p>Up-front literature purchases</p> <p>Office space, staff salaries</p>			

## 2023 Quarterly Report from GSO as of September

- ✓ Contributions are slightly ahead (102%) of budget
- ✓ Gross Literature Sales are up 37% more than last year
- ✓ We will not need a Reserve Fund Draw to pay for the General Service Conference.

Area	# Active Groups	# Groups Contributed	% Groups Contributed	Total Group Contributions	Average Contributed by a Group for the Year
078 - Alberta /Northwest Territories Canada	468	164	35.04%	\$55,187	\$336.51
079 - British Columbia/Yukon Canada	525	279	53.14%	\$151,032	\$541.33
080 - Manitoba Canada	87	22	25.29%	\$5,397	\$245.30
081 - New Brunswick/ Prince Edward Island Canada	187	40	21.39%	\$12,004	\$300.09
082 - Nova Scotia/ Newfoundland/ Labrador Canada	194	59	30.41%	\$15,426	\$261.45
083 - Eastern Ontario Canada	610	136	22.30%	\$59,229	\$435.50
084 - Northeast Ontario Canada	129	28	21.71%	\$6,440	\$230.02
085 - Northwest Ontario Canada	60	8	13.33%	\$1,832	\$228.96
086 - Western Ontario Canada	621	142	22.87%	\$48,900	\$344.37
087 - Southwest Quebec Canada	447	39	8.72%	\$8,337	\$213.77
088 - Southeast Quebec Canada	137	4	2.92%	\$565	\$141.32
089 - Northeast Quebec Canada	223	2	0.90%	\$191	\$95.28
090 - Northwest Quebec Canada	281	16	5.69%	\$2,938	\$183.61
091 - Saskatchewan Canada	250	73	29.20%	\$17,526	\$240.08

**SELF SUPPORT is about TIME ...**

**We give our time (and talent) so that  
the hand of AA is there for the still  
suffering alcoholic...**



# Do I give back to my Home Group?

- Set up or take down chairs, make coffee...
- Greet at the door
- Order AA materials from AA entities (Intergroup, GSO)
- Call or visit members who are ill or can't make meetings
- Sponsor other members, take them through the steps
- Be a temporary sponsor for newcomers...
- Go to AA meetings at local treatment/corrections centers
- Answer phones or volunteer time at Intergroup
- Put your name on the '12 step call' or 'give rides' lists

# Am I of service to my district?

## Am I involved at my area?

- ASK YOUR GENERAL SERVICE REPRESENTATIVE OR DISTRICT COMMITTEE MEMBER HOW YOU CAN HELP
- STAND FOR A SERVICE POSITION IN YOUR GROUP, DISTRICT, OR AREA
- JOIN A COMMITTEE...
- SIGN UP FOR ROUND-UPS, CONFERENCES, AND SERVICE DAYS - YOUR HELP IS ALWAYS NEEDED!

**From “Language of the Heart”, Nov 1967, Bill W. writes:**

**“...when we are generous with the hat, we give a token that we are grateful for our blessings and evidence that we are eager to share what we have found with all those who still suffer.”**

