

November IGR Meeting Minutes

Recorded by Doug W.

No Meeting for December, enjoy the Holidays.

Monday, November 24th, 2025

- Meeting called to order: 7:00 by Doug W.
- Opening prayer: Serenity Prayer (all)
- Statement of purpose: Jasmine G.
- Motion to accept October 2025 Minutes made by Judy F. and seconded by Ida B. held for vote. Passed by all.

Attendance: 8

- Bobby B., Doug W., Ida B., Jasmine G., Judy F., John C., Patty G., Stephanie M., and Susie R.

Chairpersons Report – Doug W.

- There will be no December meeting, enjoy the holidays.
- Upcoming Literature Share:
- January Stephanie M.
- February John C.

November Literature Share – Ida B.

- Ida B. chose **AA for Alcoholics with Mental Health Issues—and their sponsors (P-87)**. The pamphlet has many stories. Ida read the story of Robert.

Robert discovered alcohol at 14 as a remedy for bipolar disorder during his first depressive episode. He became a pharmacist, enabling dangerous combinations of drugs and alcohol. After a failed suicide attempt using cyanide and Scotch, a recovering alcoholic doctor invited him to his first AA meeting. At three and a half years sober, Robert stopped his bipolar medication after hearing members criticize psychiatric drugs, leading to hallucinations, hospitalization, and a lithium overdose. After intensive care, he surrendered to God and began taking medication as prescribed. Today, he maintains both sobriety and mental health through AA and proper medical treatment. **Sponsoring Others:** Sponsorship in AA works the same for alcoholics with mental health issues as for any other alcoholic—keeping the focus on sobriety and the AA program while encouraging them to seek professional help for their mental health conditions. Sponsors should never act as doctors or therapists, but should support the sponsee's relationship with mental health professionals while guiding them through the Twelve Steps. **Note to Medical Professionals:** Emphasizing that cooperation between AA and medical professionals serves a common purpose: helping alcoholics stop drinking and lead healthy, productive lives. The pamphlet provides guidance to help AA members balance prescribed medications appropriately while minimizing relapse risk, acknowledging that some members require medication but must guard against misuse of prescription drugs.

Treasurers Report – Judy F.

- October Central Office was in the red \$633. Central office operating expenses per month are \$2,066. November will have three payroll payouts instead of two, because of how the how it falls in the month. The checking account operates at around \$10-13K and the prudent reserve is over \$16K.
- Motion to accept the Treasurer's report by Stephanie M and seconded by John C.

Literature

- From GSO, the Special Online Forum for Deaf Alcoholics Anonymous Members, January 29TH, 2026

Office Manager – Judy F.

- Central Office has a Gratitude Tree. Bring in an ornament to place on tree in December.

PI/CPC – Judy F.

- Cooperation with Professional Community and Public Information is starting up. Sub-Committees include Medical, Legal, Senior, Community Related, and Youth (schools). If interested in heading a sub-committee let Judy know.

Outreach – Open

- None

Old Business – Doug W.

- Annex - Rafters location in on hold. It will be delayed for a few months.

Website – Doug W.

- All meeting are updated. Asked the IGR's to check on meetings that could have additional attributes added to meetings, such as wheelchair accessible and others

Announcements

- Easy Does It Weekend event is scheduled for 4/17, \$150 per person. Flyer will be posted on the website.

New Business – Judy F.

- Gratitude Month is November. An IGR may collect the contributions and give them to the Central Office. The responsible is on the meetings Treasure to disperse funds after November.

Birthdays

- Patty G., 13 years 11/15/2012

Meeting ended at 8:07 PM with the "I am responsible."