

London North Kent Intergroup of Alcoholics Anonymous
Minutes of the meeting held on Wednesday 6th March 2024 at 8pm
Venue: Salvation Army, Ethelbert Road, Bromley

1. Welcome, introductions, apologies etc

Vic, as Chair, opened the meeting at 8pm and welcomed all attendees.

In Attendance

Vic – LNKIG Chair/PI Liaison/Bexleyheath Saturday
Alan N – LNKIG Treasurer/GSR Orpington Mon
Ros – LNKIG Secretary
Nick P – LNKIG ELO/GSR Dartford Tuesday
Tracy – GSR Petts Wood Monday
Peter M – GSR Keston Saturday
Bill G – GSR Sunday Burnt Ash
Graham P – GSR Orpington Sunday
Claire C – GSR Bethlem Thursday
Natasha – GSR Beckenham Wednesday
Dave N – GSR Gravel Road Wednesday
Rob Thomas – GSR Bromley Common Wednesday Lunchtime Chip
Paul R – GSR Monday Keston Meditation
Frank C – LNKIG Share Magazine Liaison
Essie – voted in as Probation Liaison Officer
Peter BG – GSR Welling Wednesday
Annie – LNKIG TLO/ GSR Thursday Hayes Step
Theresa B – GSR Orpington Saturday Evening
Colin – Guest
Nicola – Guest

Apologies

Clare P – LNKIG Health Liaison
Ian The Hat – GSR Hayes Online Sunday
Warren – GSR BDAS Monday Evening
Sue – Beckenham Thursday
Jacky – GSR Friday Salvation Army
Francis – GSR Monday Lunchtime Salvation Army
Ian G – GSR Sidcup Wednesday Night
Malcolm M – LNKIG Vice Chair
Brian E – GSR Badgers Mount Sunday

Not in attendance

Gemma – GSR Beckenham Friday
Jill H – GSR Sidcup Wednesday Women's Meeting
Patricia M – GSR Sidcup Sunday
Malcolm Mc – Bromley Stepping Stones Tuesday evening

Preamble – read by Vic

Silence for the still suffering alcoholic

Introductions of New GSRs

Peter was introduced as new GSR for Welling, and Theresa as GSR for Orpington Candlelit Saturday evening meeting. Also noted that Warren is the new GSR for BDAS Monday Evening, but was unable to attend.

2. Minutes of last meeting approved

Minutes of the previous meeting held on 10th January 2024 were approved. Proposed by Peter, Seconded by Frank.

3. Vacancies

It was noted that the following positions are available:

- ⌚ ECLO (Electronic Communication Liaison Officer) – Paul voted in as ECLO. Rob T voted in as ECLO Designate. Proposed by Theresa, Seconded by Annie. Voting Unanimous.
- ⌚ YPLO (Young Persons Liaison Officer) – it was noted that there is a potential candidate.
- ⌚ PLO (Prison Liaison Officer) – Essie voted in as PLO. Proposed by Vic, Seconded by Nick. Voting Unanimous.
- ⌚ Region Rep – one space available for Region Rep to join Vic and Ros.

4. Business to Discuss

- ⌚ Clare P has stood down from the position of Health Liaison Officer due to other commitments, and will be temporarily covered by Vic as PI Officer. It was agreed that the position would be held open for Clare unless anybody would like to be considered as a permanent replacement.
- ⌚ Questions for Conference discussed. It was confirmed that feedback was encouraged either individually or as Groups. GSRs need to provide Group feedback online by 31st March.
- ⌚ Ros R provided the meeting with the summary of this year's LNKIG convention

which is being held at Chislehurst Caves (ie. the same venue as in 2023) on 23 March 2024. Tickets are still available. It looks to be a great afternoon, with some popular speakers, a debate on whether AA is a religious or a spiritual program, food and a tour of the caves. Current Committee is Ros, Vic (Treasurer) and Nick, with support from within the Fellowship. Natasha has joined the committee for 2025, but nobody else has come forward to help yet. Nick pointed out that attendance from GSRs and other LNKIG members was virtually nil last year, and would be appreciated this year.

- ⌚ Quarterly Newsletter – it was agreed that Nick would produce the Newsletter on a regular basis.
- ⌚ Engagement of Groups not involved in Intergroup – all meetings have been added to the Appendix produced with Intergroup Minutes identifying those with no participation. It was requested that if anybody has any information on these to advise Ros, and if anybody attends these, please enquire if there is a GSR, and ask the Secretary if they would like to get involved.
- ⌚ 12 Step List – it was agreed that this would be administered by Annie as TLO going forward. Vic proposed a form that could be used at meetings to obtain volunteers for the list. Nick agreed to provide an electronic copy to be circulated.
- ⌚ Website – Vic advised that the majority of AA literature can be downloaded from the website. www.alcoholics-anonymous.org.uk/Members/Document-Library.
- ⌚ Literature Expenditure – Malcolm proposed in his absence for each new GSR to be provided with Newcomer Packs. It was discussed and agreed that this should be dealt with at Group level.

5. **Officer reports**

Chair

Nothing to report this time.

Vice Chair

Nothing to report this time.

Secretary

Nothing to report this time.

Treasurer

The treasurer's report for the period from 9 January 2024 to 4 March 2024 had been

circulated in advance. Alan gave a brief review of this, advising that income for the period was £1050 with contributions as follows:

Gravel Road - £100

Beckenham Tuesday - £100

Beckenham Wednesday - £200

Bromley Monday Lunchtime - £150

Burnt Ash Sunday - £50

Badgers Mount - £200

Bromley Friday - £200

Expenses for the period totalled £400, comprising of £200 for Share magazines as agreed, and £200 for postage of the awareness packs, as agreed.

The opening balance was £2927, and closing balance was £3577.

Health

Annie provided an update on Green Parks, and volunteering is now up and running following a successful recruitment drive and training sessions.

PI

Vic reported that the project to get literature into all custody suites was gaining momentum. He reported that following some custody police officers handing out AA details there had been contact from three people, one of which had been taken to a local meeting.

Employment

Nick P advised that the "awareness" pack had been mailed to a large list of 200 companies.

Region

Ros verbally reported that the last meeting for Region took place on 3rd March. The minutes have not yet been produced, but it was noted that vacancies for Health Liaison Officer, Probation Officer, Young Persons Liaison Officer and an Alternate Conference Delegate still exist.

Telephones (TLO)

Annie gave a verbal report that everything was going well. More Team Leaders are required although they have to complete 22 shifts as volunteers before they can be trained up and "promoted".

Share Magazine

Frank C circulated more Share Subscription forms. It was noted that since Frank has taken over as LNKIG and Regional Share Magazine Officer, there has been a wider awareness and distribution of the magazine, although it was noted that some groups were still awaiting their ordered copies. Frank also advised that submissions for the magazine would be very welcome.

For individual GSR updates on the status of various groups, please see appendix.

6. AOB

- ⌚ Vic advised that more “mini-workshops” are being considered for this year, including discussions on Intergroup, TLO, Conventions etc.
- ⌚ Natasha raised the issue of Where To Find. She is going to research the issues and report back for an Agenda item at the next meeting.

The date of the next meeting, to be held at a location to be advised on 1st May 2024.

Meeting closed with the Serenity Prayer.

GSR Reports below:

Appendix – Individual GSR Reports from LNKIG Groups

	Group Name	GSR in post	Report
1	Badgers Mount Sunday Morning	Yes Brian E	Update 6.3.24: Very well attended meeting. Regular members, visitors from other groups and newcomers from Hayes Priory. Self-supporting with contributions to LNKIG. All major service positions filled currently.
2	Sidcup into Action Thursday Night	Yes Andy C	No recent update
3	Keston Saturday Morning As Bill Sees It	Yes Peter M	Update 6.3.24: Very well attended group with an influx of newcomers/returners. Solvent. Well attended Group Conscience for Conference Questions. All positions filled.
4	Wednesday Lunchtime Bromley Common Discussion Gravel Road	Yes Dave N	Update 6.3.24: A good core of regulars together with newcomers and visitors. The meeting is self-supporting, keeps a prudent reserve and is a regular contributor to Intergroup. All main service positions filled.
5	Sidcup Women's Wednesday	Yes Jill H	No update provided 6.3.24. Update 10.1.24: Well attended, newcomers every week. All service positions are filled and financially stable.
6	Hayes Priory Sunday (online)	Yes Ian	Update for meeting 6.3.24: – meeting is well supported and viable. Update 10.1.24: This meeting is running with a core group of approximately 8 to 10 members with regular visitors and newcomers. The group usually has 10 to 20 members. Many have lengthy experience of the AA fellowship and are based locally, and some are national and others are international members. The group does not directly collect Tradition 7 – it is suggested to member that any contributions are either submitted direct to AA UK or via a members local 'face to face' group. A member has donate the use of a 'virtual' Zoom conference room for this meeting. The group has a lead Secretary/Host and several 'support' Secretary/Host. Also, this 'administrative' team support the meeting by identifying members still will to do 'online' chairs. The group has experienced a number of recent severe Zoom 'bombing' attacks which have been difficult to manage owing to the more complex nature of these attack. We believe it's the same person or persons involved as they are using

			names of regular members to login. The group has put in a number of new safe guarding procedure (by group conscience) however this may have made AA slightly less attractive to newcomers or late comers but where possible we try explain the reasoning behind the groups safeguarding measures. This group plans to stay online for the foreseeable future.
7	Bexleyheath Came to Believe Saturday Morning	Yes Vic	Update 6.3.24: All service positions filled, financially stable.
8	Beckenham Discussion Tuesday Night	?	No update 6.3.24. Previous update 10.1.24: All service positions filled, financially healthy, good amount of newcomers. A couple of service positions are up in the next couple of weeks
9	Bromley College Road Monday Night	?	No recent reports. Does this still exist?
10	Sidcup Wednesday Night	Yes Ian G	Update 6.3.24 - Self-supporting financially. All service positions filled apart from recent vacancy for Literature Secretary. Continues to attract good numbers, 20 on average with a very good mix.
11	Green St Green Sunday Lunchtime	Yes Graham	No update 6.3.24. Update 10.1.24: Meeting well attended and financially sound with service positions filled
12	Orpington Monday Night	Yes Alan	Update 6.3.24 Continues to be financially stable and attracting newcomers. All service positions filled apart needing a new treasurer.
13	Bromley Methodist Church Wednesday Night	?	No recent reports
14	Bromley Stepping Stones Tuesday Night	Yes Malcolm Mc	No update 6.3.24 or 10.1.24. Previously stated that it was well attended. Service positions filled. Financially solvent.
15	Beckenham Wednesday	Yes Natasha	No update 6.3.24. Report from 10.1.24: Solid meeting. Solvent. In need of a male greeter position due to rotation in February.
16	Bromley Newcomers Burnt Ash Sunday Night	Yes Bill	Update 6.3.24: Very well attended, all service positions filled, we are solvent and recently made a donation to Intergroup
17	Sidcup Sunday Night	Yes Patricia M	No update 6.3.24. Update 10.1.24: Self supporting. All positions filled except for female greeter and literature secretary. The meeting is cosy is in a small room. The service members turn up regularly , but needs more attendees.
18	Bromley Saturday	No	Update 6.3.24 – friendly well attended meeting, GSR

	Lunch at Bromley Methodist		still required.
19	Petts Wood Principles of Recovery Monday Night	Yes Tracy T	Update 6.3.24: Well attended self supporting, couple of positions available. Group Conscience needed to discuss money to be sent
20	Bromley Friday Morning	Yes Jacky	Update 6.3.24: Same comments as previously. 10.1.24: All positions filled, well attended, financially sound, regularly have newcomers attending. Newcomers receiving Share Magazines as a gift.
21	Petts Wood Friday Night	No	Update 6.3.24 from Theresa who is Treasurer: Needs a GSR. Well attended and all other positions filled. Self-supporting and money sent to Intergroup.
22	Keston Monday Night Meditation	Yes Paul R	Update 6.3.24: Meditation meeting is well attended and in good financial health, positions all filled.
23	Thursday Night Hayes Step	Yes Annie	Update 6.3.24: Attendance has increased with a core of regulars. Service positions currently filled but some (including secretary) are due for renewal. Self-supporting
24	Wednesday Bromley Common Chip Lunchtime	Yes Rob T	Update 6.3.24: Well attended including regular newcomers. All service positions filled, fully self-supporting, contribution sent directly to York GSO in error but this has been rectified for future contributions to intergroup.
25	Saturday Night Wellington Road Orpington Candlelit Meeting	Yes Theresa	Update 6.3.24: Well attended meeting with all main service positions filled – self-supporting but nothing gone to Intergroup as yet as only opened in August 2023.
26	Tuesday Night - Dartford	Yes Nick P	Update for 6.3.24: Financially viable, good attendance, most service positions filled.
27	Thursday Beckenham Lunchtime	Yes Sue	No update for 6.3.24. Update 10.1.24: Solvent, well attended and all positions filled except for female greeter.
28	Friday Night Eden Park, Beckenham	Yes Gemma	No update for 6.3.24. Update 10.1.24: Well attended, working towards prudent reserve, all positions filled, carry the AA message.
29	Bromley Monday Lunch at Salvation Army	Yes Francis	No update 6.3.24. Update 10.1.24: All positions filled. Going well.
30	Welling Wednesday	Yes Peter BG	Update 6.3.24: We enjoy a varied attendance with a core group. We have all service positions filled currently. We are self-supporting and hold a healthy prudent reserve. Our money situation has improved considerably in the last year or so, thanks to the efforts of our excellent treasurer. Due to our past poor situation we have not been able to

			contribute to Intergroup. I do however expect this likely to change once we pass our group conscience threshold.
31	BDAS Monday Evening	Yes Warren	Update 6.3.24: Major service positions filled, solvent, solid core attendance and newcomers. NB: meeting will be relocated to Salvation Army between 18 th March and 1 st April.
32	Chislehurst Thursday Evening		New meeting starting 14 th March
33	Bethlem Thursday Night	Yes Claire C	Update 6.3.24: All positions are filled and the meeting is well attended by on average 20 people. Some patients with escorts attend on a regular basis. The meeting along with their hospital treatment is a stepping stone.
34	Bethlem Online Sunday	Yes Claire C	Update 6.3.24: Small group of core members. More people are joining now that the correct details are on the website.
35	Keston Wednesday 6pm	?	
36	Swanley Wednesday	?	
37	Welling Monday	?	
38	Thamesmead Tuesday	?	
39	Dartford Monday	?	
40	Dartford Wednesday	?	
41	Dartford Saturday	?	
42	Dartford Sunday	?	
43	Erith Sunday	?	
43	Sidcup Tuesday	?	
44	Bexleyheath Friday	?	