

FULLY SELF SUPPORTING BY THE NUMBERS

What does it take to be fully self supporting?

At General Service office:

Contributions needed groups and members:

- \$6.84 per member, per year
- \$146.96 per group, per year

Actual contributions from groups and members:

- \$4.97 per member, per year
 - Oregon \$3.63 per member Actual contributions
- \$106.75 per group, per year

Reality is only 41.6% of groups contribute to GSO and only 36.6% of groups in Oregon

So let's put these numbers into prospective:

If each member contributed \$6.84 per year directly to GSO, the Big Book would be sold at cost \$3!!!

OR If each group would contribute \$146.96 than the book would be sold at cost and services would be covered!

How about Oregon Area:

Services at Oregon Area for 2015 cost \$86,791. Oregon Area has 917 actively contributing groups which equals \$94.65 per group to fully self supporting!

How about a District:

Services at District can be \$3000 to \$5000. Let's just say that half of all groups in districts contribute so 13 groups would be a good average. That would be \$230-385 per group to be fully self supporting.

What can we do to help?

1. Inform our groups of the problem, make them aware of the problem and let them know what it takes for the group and each individual to be self supporting
2. We can be conscious of our spending at our home group to assure that money can be available for contributions to our district, area, and general service offices. Are buying cakes, paying for parties or picnics out of the 7th tradition, this takes away from contributions.
3. We can suggest to our groups to pass a separate envelop 1 meeting a month for direct contributions to GSO.
4. As individuals we can make personal donations to GSO at aa.org or just by simply mailing a check. \$1 per year sober or \$5 per year sober anything will help.
5. Make sure our group has a distribution plan with left over contributions

Distribution Plan of (YOUR GROUP NAME)

Your Group Service # (Be sure to write group name and service # on all contributions.)

Below is an example of distribution plan:

10% to district

10% to area committee

30% to G.S.O.

50% to intergroup or central office

Seventh Tradition and the Westside Central Office

Fourth Annual Seventh Tradition Workshop – September 12, 2015

Introduction

Westside Central Office (WCO) is an all-volunteer Intergroup serving A.A. Groups and Members in the Western Portland metropolitan area.

WCO formed in February 2010 to help groups and other A.A. service entities carry A.A.'s message to the Portland Westside.

In our five and a half years of existence, we have experienced a steady growth of interest and support by our A.A. Community.

This generous support has helped fund the following services offered by WCO:

- A.A. Literature for sale at cost
- Meeting Schedules (currently offered for free)
- Website
- Hotline
- A.A. Service Committees (we currently have active Cooperation with the Professional Community, Hotline, 12th Step Call, Activities, and Office volunteer committees)
- Monthly Newsletter
- Activities (for example, this workshop)
- Office Space
- Outreach through A.A. PSAs placed in community newspapers

What Does It Take to be fully Self-Supporting at WCO

Our 2015 operating budget is \$7,750.00.

WCO currently draws financial support from 28 groups in 5 Districts (10, 23, 31, 36, and 37).

If these 28 groups donated \$276.79 annually, we would be fully self-supporting.

On the other hand, there are 140 groups in Districts 10, 23, 31, 36, and 37. If each of these groups donated \$55.36 we would be fully self-supporting.

The combination of literature sales, group, and individual member contributions so far has funded \$5,122.34 or 66% of our total budget. Therefore, we are not currently fully self-supporting -- some services may go unfulfilled.

What can WCO do to become more fully self-supporting?

- Perform more outreach to groups to let them know about WCO
- Offer more office hours for groups to purchase literature from us
- Continue to look for ways to reduce costs without reducing services

How can you and/or your group help us become fully self-supporting?

- Attend our monthly business meeting. All A.A.s have a voice, however, only Central Office Reps and elected trusted servants have a vote.
- To have a voice and a vote, elect someone to be a Central Office Rep for your home group.
- Consider donating your time and energy to WCO. You can view our service openings by clicking on the *Help Wanted* link on our website, www.westsidecentraloffice.com.
- Invite us to your home group's business meeting. We are available to give a presentation on WCO to your group as well as hear their feedback/suggestions on how we can better serve them.
- Include us in your 7th Tradition Distribution (see our mailing address below for checks. You can also donate by credit card on our website).

To Learn More

- A list of Frequently Asked Questions on WCO as well as a Brief History of WCO are available on our website, www.westsidecentraloffice.com (these are linked under the *About* tab)
- Our business meeting minutes and financial statements are posted on our website as well (click on the *Archives* link located under the *About* tab).
- Sign up to receive our monthly newsletter by email (click on the *Newsletter* tab on our website)
- Everyone's welcome to attend our business meeting held on the first Monday of the month, 7pm-8pm, at the Westside Central Office, 12705 SW Beaverdam RD Suite E, Beaverton, OR 97005.
- You can email us at info@westsidecentraloffice.com.
- You can call us at 503-684-0415 (select menu option 0 for the Office)
- Written correspondence and 7th Tradition Contributions can be mailed to Westside Central Office, PO BOX 19911, Portland, OR 97280-0911

Electronic copies of this hand out will be made available on our website, www.westsidecentraloffice.com (under the link titled *Is Your Group Fully Self-Supporting?* in the lower right hand corner), within 1-2 days after the workshop.