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**TREATMENT &  
ACCESSIBILITIES**

## AGENDA

### **Conference Committee on Treatment and Accessibilities**

Monday, April 25, 2022, 9 a.m. – Noon

Room: TBD

Chairperson: Jimmy A.

Secretary: Brenda B.

### Conference Committee Members

#### Panel 71

Jimmy A.

Trudy D.

Thomas W.

Karla Y.

#### Panel 72

Grace F.

Darin H.

Tracy M.

Cheryl (Sherry) S.

- ◆ Discussion and acceptance of trustees' committee report.
- A. Review progress report on pamphlet "A.A. for the Older Alcoholic."
- B. Review progress report on military audio interviews.
- C. Discuss draft version of A.A. Guidelines for remote communities.
- D. Review contents and format of Treatment Kit and Workbook.
- E. Review contents and format of Accessibilities Kit and Workbook.
- F. Consider request to revise the pamphlet "The A.A. Group" to reflect the importance of the group as a "spiritual entity" as stated in the Long Form of Tradition Five.
- G. Consider request to revise text in the chapter "Getting plenty of rest" in the booklet *Living Sober*.

#### **NOTE: 1989 Conference Advisory Action**

Each Conference Committee carefully consider their agenda items and strive to make their recommendations for Advisory Actions to the Conference at the policy level. To be more financially responsible, when a Conference Committee recommendation involves a substantial expenditure of money, an estimate of cost and its impact on the budget be part of that recommendation.

**2022 Conference Committee on Treatment  
and Accessibilities**

**ITEM G: PAI #59** - Consider request to remove language in *Living Sober*.

**Note: As a result of the EDW plan, this item is on the agenda of the Conference Treatment/Accessibilities/Remote Communities Committee**

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**Background Notes:**

*Excerpt from October 30, 2021, TLC Meeting Report:*

The committee **agreed to forward** to the 2022 General Service Conference a request to remove language in *Living Sober*.

The committee forwarded the proposed agenda item, its background, and the Scoring Tool to the trustees' Committee on the General Service Conference for review by its Subcommittee on Equitable Distribution of Workload.

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**Background:**

1. Submission Form- PAI #59\_Remove language Living Sober.

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<b>(1) Submit a clear and concisely worded motion.</b>
The Group (#) of Alcoholics Anonymous proposes that the language in Living Sober, Essay #12 (Getting Plenty of Rest) "Nobody has ever died of lack of sleep" be removed. Not only is that a misleading statement, it is not true.
<b>(2) What problem does this proposed item address?</b>
That statement in Living Sober is false. It suggests to alcoholics that sleep is not important, and that there are no consequences to being deprived of sleep. That is misleading, since medical institutions everywhere tell us otherwise. In fact, lack of sleep can kill us. At a minimum, lack of sleep reduces our immunity, it increases our stress responsivity, impacts our ability to think properly, increases the risk of hypertension, dyslipidemia, cardiovascular disease, weight-related issues, metabolic syndrome, type 2 diabetes mellitus, and colorectal cancer. Lack of sleep affects our memory, our mood, and our ability to make rational decisions. We become more prone to accidents around the house and when behind the wheel of a vehicle. Plus, for alcoholics we must be extra careful. As AA reminds us, we should avoid getting too hungry, angry, lonely, or tired, because we tend to misconstrue signals and think being tired means being thirsty. Sleep is a healthy part of well-being, and we should not discount its importance.
<b>(3) What level of group conscience, if any, discussed the proposed agenda item? Make it clear who is submitting the item (an individual, group, district, area, etc.).</b>
<i>Note: While all items are received equally, experience has shown that ideas greatly benefit from the value of a broader group conscience. Consider if and with whom you would like to have a group conscience discussion on the proposed agenda item prior to submitting.</i>
The Group (#)
<b>(4) Provide background information that describes and supports the reasoning for the proposal. List background material(s) included with the proposal:</b>
Below are a number of articles and other resources:  <a href="https://www.drugabuse.gov/about-nida/noras-blog/2020/03/connections-between-sleep-substance-use-disorders">https://www.drugabuse.gov/about-nida/noras-blog/2020/03/connections-between-sleep-substance-use-disorders</a> National Institute of Health ( <a href="https://search.nih.gov/search?utf8=%E2%9C%93&amp;affiliate=nih&amp;query=sleep+deprivation?">https://search.nih.gov/search?utf8=%E2%9C%93&amp;affiliate=nih&amp;query=sleep+deprivation?</a> ) National Center for Biotechnology Information ( <a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2850945/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2850945/</a> ) National Center for Biotechnology Information ( <a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4331208/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4331208/</a> ) National Center for Biotechnology Information ( <a href="https://www.ncbi.nlm.nih.gov/pmc/?term=sleep+deprivation">https://www.ncbi.nlm.nih.gov/pmc/?term=sleep+deprivation</a> ) National Center for Biotechnology Information ( <a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2656292/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2656292/</a> )
<b>(5) What are the intended/expected outcomes if this proposed item is approved?</b>
Delete "Nobody has ever died of lack of sleep" from Essay #12 in Living Sober.
<b>(6) Provide a primary contact for the submission.</b>
Francine W.
<b>(7) Final comments:</b>
We hope you will forward this item to the Trustees Literature Committee for consideration and ultimately hope they forward it to the 2022 General Service Conference.

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