

**Trustee, Board Chair: Pat Q.**

Pat Q. is a writer, editor, and novelist-in-progress. "I found my first A.R.T.S. meeting in Seattle in 1989 when my sponsor in another Twelve Step program suggested I try a new program called A.R.T.S. Anonymous. He thought it might help me resume my career, which was suffering from a severe writer's block. Within a year, A.R.T.S. meetings restored my ability to finish writing projects, and within two years I landed a non-fiction book contract. I was able to continue my career for another 30 years, before retiring in 2018 as Associate Director of Communications--Media for a major Twelve Step program. During my tenure, I edited a monthly magazine, books, pamphlets, public service announcements, a DVD, websites, podcasts, workshops, speeches, and presentations. It was my honor to work on a number of committees with international volunteers based on the spiritual principles of the Twelve Steps, Traditions and Concepts of Service. I believe the Concepts of Service can especially help us reach artists around the world who are struggling to express their creativity. I would like to participate in efforts to let struggling artists know about A.R.T.S. and how to find us. I will be forever grateful for what the A.R.T.S. program has done for me and my family."

**Trustee, Vice Chair: Allegra B.**

Allegra is a visual artist working in fabric. She also draws, paints, and collages. "I remember the moment in another recovery program when I connected to how the Traditions were not just about the group and how it related to the outside world; the Traditions are also about me, and how I relate to others. I believe it was my first inkling of what a "boundary" might be, and how to truly be of service to those I cared about, including myself. My experience in A.R.T.S. Anonymous has reacquainted me with the Traditions and working the Steps (and sponsoring others to work Steps) as they relate to becoming a fully self-expressed human being, living my gifts and making my unique contributions, has been profound. I have served as a meeting leader, and as a member of the Board of Trustees for just over a year as the Literature Chair. When the Interim Conference Committees formed, I became the Literature Committee Coordinator as well. I serve on the Board because a healthy and vital 12-Step program deserves strong, reliable, skilled leadership, consistent respect for the Traditions and Concepts, and deep appreciation for the expression of the group conscience throughout service. I take our non-profit status and the obligations and duties associated with it seriously, even as I must learn quickly! My hope for A.R.T.S. is that we grow our membership and spread our message so that the world is full of people joyfully engaged in their creative expression and in what they have to give."

**Trustee, Secretary:** Vickie D.

Vickie is a visual artist, poet, writer and grateful ARTS member since 1987 (with a gap between 2004-2015). Because of the program she has a growing portfolio, has gotten into juried shows, exhibited a painting in Japan, and has been admitted to professional artist organizations. Service to ARTS has opened up greater participation in the art world, and she is now on the board of two other nonprofit artist's groups. She aspires to carry the message to the artist who still suffers, using the democratic principles embodied in the Traditions. Prior to coming on the Board, she was working with the Policies & Procedures Committee to make ARTS more transparent and is currently working on the Conference Charter. Please ask for more information about this crucially important task. The issue of transparency is her #1 priority, because transparency is the best insurance policy for ARTS' continued existence. As we read in the ARTS Tools,

ARTS could not exist without the service of its members. Everyone is welcome on the Policies & Procedures Committee.

**Trustee, Treasurer:** Chris M.

Chris M. Chris M. is a writer, lecturer, teacher, and Jungian coach. "Years ago, I told someone about the terrible struggles I was having when attempting to write my Ph.D. dissertation. I would sit down and stare at the blank page and then suddenly find myself getting up to do something else. Over and over again. Compulsively. My friend told me it sounded like I had an addiction. I Googled 'Art and addiction' and discovered A.R.T.S. To my great fortune, there was an in-person meeting four blocks from my apartment, so I started going. That was October 2012. Thanks to A.R.T.S., its tools, talents, principles, meetings, and more, I was able to finish the dissertation and successfully defend it, and I was able to prepare and deliver public lectures and classroom presentations. I also wrote and published blog posts and journal articles and reviews. Over the years, I have been so moved and impressed by the recovery of other members of A.R.T.S. More recently, I have gained a greater appreciation for the role service plays in their recovery. As a result, I increased my service in my primary meeting, and I joined the A.R.T.S. Conference Service and Support Committee. I look forward to learning more from the other members of the Board and A.R.T.S. as a whole; I look forward to serving the fellowship to the best of my ability."

**Trustee:** Cindyann W.

When I see or feel something beautiful, I am inspired to create a painting that reflects that experience. I hardly come close, but I keep trying. Paintings I have created fill the walls of my house, and to a lesser extent, the walls of family members. Someday they may also be placed on walls for the public view. It is a slow process and I need support to keep creating. As I attend ARTS Anonymous, the readings and member support love my creative heart. The ARTS 12-Steps, 12-Traditions and 12-Concepts of Service with an ARTS Sponsor teach me to value my creativity, encourage healthier behaviors, and how acts of service help me grow.

I serve two arts groups as the phone/email list contact, and as a GSR. As A.R.T.S. Anonymous expands with Zoom meetings around the world, I attend every Pre-conference meeting, and for the past year. I continue to learn more about the structure of A.R.T.S. Anonymous, and what the WSBC means for the fellowship. I also participate with other committee groups stepping up to serve A.R.T.S. Anonymous. I get to know other passionate people willing to give their time, skills, and effort in a cooperative way that amazes me. Participation with service lifts me up and inspires me to do more.

I retired from a professional career four years ago. I enjoyed it because it lined up with what I value, the process involved with reading, reflecting, and writing, as we learn. A good sponsor leads his or her sponsee through a similar process. While we do not graduate from a 12-step education, we do qualify to lead others through the process. Participating and serving others with the 12-step process also aligns with my value system in a most satisfying way.

Human beings expressing their light through their artistic expressions is a tender precious event. The structures of A.R.T.S. Anonymous are pillars that work to safeguard this sacred aspect of being human. I wish to assist with the daily work involved caring for those pillars. Within one of those pillars is the A.R.T.S. 7<sup>th</sup> Tradition. I believe it may work as a touchstone of recovery for the individual and for groups. I realized, with the help of yet another 12-step program, the denial I was in about my own state of financial health. I learned the state of my financial health reflected to what extent I believed in my autonomy. As the state of my financial health improves, I enjoy the relief and freedoms that come with autonomy. It is my hope that all ARTS groups enjoy the sovereignty that the 7<sup>th</sup> Tradition asserts. It is an honor for me to serve A.R.T.S. Anonymous all ways I can as a Trustee of the board.

**Trustee:** Dasha B.

Dasha is a multi-talented creative person, in photography, drawing, writing prose and

poetry, translating texts, sometimes sings, and much more. She came to A.R.T.S. in July 2022 and has since completed the Steps in A.R.T.S.

“In February 2023 I started an A.R.T.S. meeting in my native language, because I needed support for my texts and poetry. Happily, our fellowship began to grow, and now we have meetings 7 days per week. In ARTS I served as a group leader, group secretary, in Literature and Sharathon committees (both in A.R.T.S. World Service and my native language), translated literature, invited and interpreted speakers, served on the Members Stories Subcommittee, was a Delegate at the Conference, and some more. For me serving as a Board member is an interesting new experience, and I believe I can use my various experiences in service on different levels in my multiple 12-step fellowships (since 2016), as well as my personal organizational and interpretation skills, to improve A.R.T.S. Anonymous, both in the English-speaking world and in my native country. My main interests are developing and translating literature, and creating connections, internationally and with members.

In service I try to put principles above personalities, apply the 12 Traditions and 12 Concepts of Service, do the best to my ability, and then let go.”

**Trustee:** Galina B.

Galina is a writer, educator, and community builder whose creative life has been transformed through the 12 Steps of A.R.T.S. Anonymous and other recovery fellowships. A scholar by profession and an artist at heart, she found in A.R.T.S. a spiritual home where creative expression could finally flow without fear, perfectionism, or self-judgment.

“I came to A.R.T.S. Anonymous at a time when my artistic voice felt blocked and burdened by self-criticism. Through the Steps and Traditions, I discovered that creativity is not an act of performance but of surrender, a way of listening to a Higher Power and sharing beauty with others.”

Galina serves as a Visiting Assistant Professor and nonprofit founder, bringing experience in administration, writing, and community service to her role on the Board. She is passionate about making A.R.T.S. Anonymous more accessible to artists around the world and about bridging creative recovery with education, inclusion, and service.

Her vision for A.R.T.S. Anonymous is a fellowship where artists of every background can feel seen, supported, and spiritually connected, a global circle of creative healing grounded in humility, love, and the shared joy of artistic expression.

**Trustee:** Harvey D.

I am a writer, editor and film/animation historian, as well as being a lapsed librarian and retired college professor. I have been an active member of A.R.T.S. Anonymous since 1985—except for a period between 2004-2015—serving in a variety of positions at the meeting level, with a stint on the Board of Trustees. Lately, I have served on the Literature Committee. I hope to continue my work in this area, along with using my skill set to help A.R.T.S. grow.

I have always taken a pragmatic approach to the Steps and Traditions, which has allowed me to overcome a series of blocks that seem to want to sabotage my hopes and dreams. Thus, I was finally able to finish my PhD dissertation after many of my school's faculty gave up on me; became the founder of a successful scholarly organization in my field; and signed a contract with a major book publisher for my magnum opus. More important than these very real accomplishments has been the spiritual joy that comes from stepping aside and letting my creativity flow.

**Trustee:** Jay M.

Jay is a semi-retired recording engineer currently living in New York and Florida. He found his way into ARTS in the early 90s as the result of being invited to a meeting by a friend. Although he was already “doing” his art full time, he found an unexpected home among the kindred spirits he found at the meetings, and almost instantly became a regular member of the program.

One small problem arose after a few meetings: They had this thing called an ARTShare once a month, where people would take 3 or 4 minutes to do their art. But Jay had nothing to “do,” since he did what he does every day in the studio. Eventually he remembered a long dormant guitar lying around somewhere, so out of desperation he started bringing it in for the ARTShares. That tiny move resulted in years of “playing out” with other ARTS friends and even joining an ARTS Songwriters action group. Jay still shares his singing and playing to this day, despite continuing pleas for him to stop.

Another entirely unexpected result of his joining ARTS was the idea of doing service. Not being a member of any other organization, the idea had never surfaced before. But suddenly he found himself raising his hand almost every time someone needed help with something. This has turned out to be a major gift both to him and the program at large. From helping out in the office to creating the first ARTS website to recently joining the Board of Trustees, Jay has been a grateful member of ARTS as well as a frequent contributor to it.

