

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, Treasurer: 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: 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: 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.

