

San Diego-Imperial Area Committee
2650 Melbourne Drive, San Diego CA
Minutes of the March 19, 2015 Meeting

Meeting Called to Order

The Committee was called to order at 7:00 pm by Roxane R., Area Chairperson, with the Serenity Prayer. The Twelve Traditions were read in Spanish by Rene and in English by Terry. Introductions were offered and several new DCMs, Standing Committee Chairs and their alternates introduced themselves. Guests and visitors also stood up. All were welcomed to Area Committee.

Roll Call: Michelle (Registrar)

Michelle, Area Registrar, conducted a roll call of the Area Committee, and declared that the requirements for a quorum had been met. 8 Officers were in attendance, 18 DCMs, and 13 Committee Chairs were present. As rotations begin, remember to send in records of the leadership changes to the Area Registrar. Please submit emails to registrar also.

Rosters are updated regularly and any corrections need to be submitted to Registrar as they occur.

Approval of February 2015 Area Committee Minutes: Monty C. (Secretary)

- Minutes are available in digital format. Contact Area 8 Secretary for a digital copy (via email.) Let new DCMs and Committee Chairs know to please submit email information with the Registrar as soon as possible. If your alternate would like a digital copy, add email address to the Registrar's roster.
- The minutes for February 2015 were sent out for review. A vote was taken to approved the minutes as presented with changes as made. The motion was approved. The minutes for the January 2015 were sent out for review. A vote was taken to approved the minutes with changes. The motion was approved with changes.
- *It is time effective to submit your monthly report to the Area 8 Secretary via email at mcavalier2004@gmail.com.*

Treasurer's Report — Butch M, Treasurer (*Written report submitted as his official report*).

- The Area website has a document called, *How to read a Financial Report*.
- Officers/Committee chairs please check your email and turn in your 2016 budget requests as soon as possible. If you need any explanation, please email or call me.
- Please ask groups to attach their email address to contributions so a confirmation can be sent via email.
- The 2015 Budget is on the Area 8 website in English and Spanish www.area8aa.org.

February 2015	February	YTD	2015 Budget	Variance with Annual Budget	
Group contributions:	1,393.33	4,741.21	43,367.00	-38,625.79	
Individual contributions:	75.95	172.95	.00	.00	
District contributions:	0.0	125.00	.00	.00	
Total contributions:	1,469.28	5,039.16	43,367.00	-38,327.84	
Total budgeted expenses:	1,928.19	7,533.37	43,367.00	-35,833.23	
Contributions less budgeted expenses:	-458.91	-2,494.21			

Total unbudgeted expenses:	.00	0.0	.00	0.0
Trustee at Large Nom. To PRAASA	.00	0.0	750.00	.00
Total expenses:	4,009.06	9,613.44	43,367.00	-35,833.23
Contributions less total expenses:	-2,539.78	-4,574.28		
Total Cash Balance: February 2015	4,901.68			

Master Calendar - Roxanne R., Chair

The calendars can be found on the area website in English and Spanish.

Note: Non-Bolded Events Are Not Sponsored or Hosted By Area 8 Service Entities and are listed for planning purposes only. Updated January 2015. Information is subject to change. See calendar on the area website (www.area8aa.org) English and Spanish for the most up to date information.

Delegate’s Report: Dean B. See the Delegate’s report on the website in English and Spanish.

Alternate Delegate’s Report: Jane G. See the Alternate’s Delegate report on the website in English and Spanish.

Chairperson’s Report: Roxanne R. See the Chair’s report on the website in English and Spanish.

February 2015 Chair Report Serving our area these last two months has been a lifesaver. I have always thought that God gives us exactly what we need, exactly when we need it. I am looking forward to hearing what Conference Advisory Actions will be presented at the upcoming Pre-Conference Workshops. I am so pleased when I hear a group member announce their district’s workshop at a meeting, encouraging ANYONE to attend. I am not always convinced that the person making the announcement actually knows what pre-conference means, but my heart is still warmed. It’s appropriate that February’s Concept 2 highlights what the General Service Conference has become: Our voice. Tonight we plan to spend a few minutes in a sharing session centered on what Concept 2 has taught us. Several of our trusted servants will have an opportunity to talk about their experiences in General Service so please stay to take part in this vital conversation. As Liaison to the IT Committee I am privy to the work the committee is involved in regarding our upcoming move to a new website and our continuing efforts at getting districts into the 21st century with available web technology. The Area’s IT Committee takes great measures to protect our anonymity and secure our information. They are actively pursuing a tech plan that will keep our hardware up to date and in good working order. Experience shows us that this is how we will stay connected to AA as a whole in the years to come. Most of the committees in our area have seen growth by two or more members over the last 2 months and we can thank the “blind pick” process for these additions. Many committee rosters dwindle in the late months of the year only to see resurgence as new GSRs take up their positions. At the last Area Assembly I appointed Karen P. as Interim Literature Chair when she graciously volunteered to take this commitment after Lloyd stepped down due to personal problems. Please feel free to drop Lloyd an email or phone him with well wishes and please wish Karen well as the new committee chair for Literature. Tonight we conducted a panel review for a new webmaster and I am pleased to announce that the panel chose to install Wendy H. as our webmaster for the next two years. Wendy will have to give up being DCM to take on the webmaster position and her alternate is poised for this transition. By the next area committee meeting I will have been to PRAASA in Utah. I look forward to learning and gaining experience as I have done for several years. In the years I have attended PRAASA I have not served in

any capacity so I was mildly surprised when PRAASA Utah emailed me with an invitation to moderate the Friday night session. I am thrilled to be of service and I can thank Dean for submitted our names as viable candidates for these opportunities.

Area Committee Meeting

The Area Committee meets monthly on the 3rd Thursday of each month from 7 PM to 10 PM. The location is 2650 Melbourne, San Diego, CA. **All AA members are welcome to attend.** To get an item on the agenda, please contact chair@area8aa.org to begin the process. If required, your specific request or proposal will be directed to the assistance of one or more of our Area's standing committees.

The Area Committee meeting and all other General Service meetings are open to all AA members.

Liaison Committee Reports:

Coordinating Council: Steve: Book prices will increase as we sell the inventory and have to order new books from GSO. Since group contributions are strong we are 10% discount through May. The April book of the month is "As Bill Sees It" on sale for \$6.25 regularly \$7.60. The March pamphlet of the month is "12 Steps Illustrated" for 5 cents each. The founder's day picnic will occur on June 13th from 10am till 3pm at Eucalyptus Park at 4th and C Street in Chula Vista. Last year the picnic was held in the East County and this year in the South Bay. The program committee wants to move the location each year to make it available to a different region of the city.

All after hours phones are covered by the groups, but there is a need for daytime phone volunteers on alternate Saturdays 1pm to 5 pm.

North County Intergroup: Terry: 36th Annual NC Intergroup Tradition Breakfast, Speaker Charlie C from Burbank. The event will be on Sunday March 22, 2015 at Pacific Views Event Center (formerly So Mesa Staff NCO Club) at Camp Pendleton in Oceanside. Breakfast will be served at 9:00am. It's a great event, please attend. We are looking at our by-laws. It's been about 10 to 20 years. It is very painstaking.

East County Intergroup: Gary: Absent

Oficina Central Hispaña: Leticia: Absent

Oficina Intergupal Condado Norte: Victor: We are conformed by 17 groups but about 10 of them are represented. We meet every Wednesday. We are working on XXVI Congreso. To begin on Friday November 20th and go thru Sunday November 22nd in the city of Vista.

Lack of servants to occupy 2 committee: Bulletin and Literature. Which have been realized by Coordinator, Secretary and Treasurer of the office. There is not enough servants but when a party/anniversary (dance included) is celebrated, lots of people attending. Alternate Chair, Gonzalo visited us to encourage the general service. He shared his experience strength and hope of his service. It was a good experience.

Oficina Intergupal Sur, Chula Vista: Absent.

GYPSAA: Report was submitted by Emily. AOCYPAA (All Orange County Young People in AA) was awarded the 2016 ACYPAA Convention (All California Young People in AA). There are a number of young people from San Diego county planning on attending the ACYPAA host committee elections and standing for positions.

The following are Young People in AA events in Southern California over the next month.

Southern California Bid for ICYPAA "Burning Desire" Meeting and Bonfire

Saturday, March 21st at 7:30pm

All North County Young People's AA meeting at 7:30 - 9:00 at Tri City Hospital.

Bonfire following at Warm Waters Beach in Carlsbad, Tower 22

Contact Kate ([949\)280-0361](tel:9492800361) for details.

Southern California Bid for ICYPAA "Big Book Trivia" Event at the Orange County Convention

Saturday, April 4th at 12:30pm

3050 Bristol St, Costa Mesa, California 92626

ACYPAA Host Committee Elections

Saturday, April 11th at 11am

St. George's Episcopal Church and Academy 23802 Avenida De La Carlota, Laguna Hills, California 92653

Contact Kate ([949\) 280-0361](tel:9492800361) for details.

Southern California Bid for ICYPAA "You can sit with us, Back to Basics" Meeting and Dance
Saturday, April 11th at 8:00pm - 2:00am
Studio 60, 6000 Avalon Blvd, Los Angeles, CA, 90003
Contact Cassie [\(310\) 502-7716](tel:3105027716) for details.

Bid for ICYPAA: Josh: Absent

Native American Liaison: Peggy Rose filled in for Daniel. He got a thumbs up! Needs a description of the duties.

Spring Round Announcement: Mike and Rene some of the committees will have tables. All the speakers are set. This are well planned and set up with Spanish opening meeting and translation. Please come out and support. There will be space blocked off for Area committee during the opening speaker.

Birthdays: Five person celebrated a birthday since the last meeting. Congratulations! There is a collection can for the cake each month. The 7th tradition does not pay for our birthday cake.

Break: 8:30 pm Resumed Meeting at 8:45 pm

Concepts was read in long form in English by Renee and Spanish by Victor.

AREA COMMITTEE BUSINESS

Hospitality Suite International Conference – Anyone wishing to help out is asked to contact George S from Dist 12. He provided his number and email address. There will be a motion later on to help pay for our position of the Hospitality Suite.

Financial Discussion- This was stated earlier in the ACM not committee report. When I read the treasurer report tonight, I mentioned that the Area had a balance of cash on hand or \$4900. As of tonight we just wrote out checks in the amount of \$1391 which bring our balance to \$3510. So please let your groups know that contributions are desperately needed. GSO is getting for the conference in the amount of \$1600. Which will bring our balance further down to \$1910.

DISTRICT REPORTS (Districts submitted reports digitally or on report form.)

District 1: John: We had a great workshop last month. It was a success. Have another workshop in the works.

District 2: Scott: not present.

District 3: Guy: DCM gave a Treasury report. All is OK with the finances. Election as follows: Alt DCM – Louis L., Secretary – Kate T., Alt Secretary – Kirsten L., Treasurer – Beth L., Alt Treasurer – Alix H. All appropriate paperwork will be filled out at next area assembly. Discussions held on: Pre Conference Material, Spring Round-up, Upcoming Pre-conference Area Assembly. Results of District 3 Mid-winter picnic, approx. 75 people, good speaker, good food, and good camaraderie. Next Meeting: 6 April 2015.

District 4: Kevin: Jason, our Alternate DCM chaired the meeting. Thank you to district 4 for funding me fully for PRASSA. It was a pleasure and an honor to be of service to AA as a whole. Reconciled books with District 5 for expenses allocated for the Orientation Assembly. Special thanks to Colin and District 5 for everything. We will be working with District 5 and other districts on the Sponsorship workshop. TBD.

District 5: Kurt: We had one new GSR and a Guest in attendance. Discussed general assembly information for the July Sponsorship workshop. We will be supporting District 4, 6, 14, & 15.

District 6: Helen: We are working to put together a District 6 Google Group where documents can be shared & open forums created to promote dialogue on topics brought at assemblies & districts meetings.

We are compiling a list of meetings & contacts for our districts to post on our page on Area 8 website. We discussed recent experiences at Pre-conference workshops and PRASSA by District 6 members.

District 7: Dennis: Met March 6th with 5 GSRs or their alternate present. One was a new GSR. We went over the Agenda items presented at the Pre-Conference Workshops. One of our GSRs was at PRAASA and I will have him report on his experience at our next meeting. I am scheduling committee chairs and officers to come to our meeting.

District 8: Chris: 13 GSRs attended our monthly meeting for March. We discussed a menu for the upcoming assembly we are co-hosting with District 16 on the 11th of April. Decisions were made to go with sandwiches again with a couple of green salad choices to brighten things up. Costco cakes for desert as usual; chocolate and vanilla! We are making plans for 150-160 guests. Work continues on dark meeting outreach and on our elusive budget; we added two new representatives, names by next report so as to get the spelling correct. Veronica W. returned from PRAASA; we anxiously await an in depth report! Our next meeting is on April 6th!

District 9: Lorie: Not present.

District 10: Allan: I was able to give a short report on PRASSA topics and answer questions from District Officers and GSRs. I was also able to give a short talk about visitations to underrepresented meetings, with tools I brought back from PRASSA. We then discussed ways to bring conference topics to groups.

District 11: Wendy: Maybe 10 in attendance. Janedra accepted the position as our new DCM we are working on filling the alt DCM. We discussed the attendance to the pre-conference workshop. We appointed committees 2 plan 2 workshops our movie night and a meditation workshop. Details on those coming soon. Our new DCM is attending PRASSA and will bring a report for us. All of our groups are doing great.

We presented our final 2 articles from our structure and guidelines for GSRs to take back to their groups for discussion. We also discussed what we can do to visit our inactive groups in our area and discovered 2 that are no longer active. We finalized our participation with the over the bridge group for the steps and traditions workshop.

District 12: George: attend PRASSA. No report.

District 13: Julie: Discussions: Concept 3, Conference information - what we'll take to our groups. Every person committed to visit one specific new meeting in the next month.

District 14: Gary: The DCM and the Alternate attended PRASSA. It was a great experience. We had about 7 GSR at our last meeting. The meeting is held the 4th Wednesday of each month. We appointed a new Registrar.

District 15: Cruz: The district continues to meet every Friday at 7pm, currently we have five standing committees. PI committee continues to carry the message of AA at traffic school. Also the treatment committee carries the message to treatment centers. On 4/3/15, we are scheduled to have our Pre-conference workshop.

District 16: Linda: Our last meeting was Mon. March 2, we had 15 GSR's & Alt's with 1 guest, Emily shared Policy's role within the Area, how spiritual principles are followed in Area business & the importance of participation, thank you Emily. Matt lead the shared on the "Pre Conference Workshop" others followed, we talked about ways to present the agenda items to their groups, how to get the groups interested. We discussed the support of GSR's in the upcoming "Pre Conference Assembly", supplies needed, help in the morning & storage unit if necessary.

The S&G Ad Hoc committee reported back, they will be sending back suggested changes, Group Inventory was tabled until June. Planning for June "Rootbeer Floats with the Delegate" & other workshops are being thought out. Joshua shared his experience going to the 4 Area DCM Sharing session. And the 1 min GSR sharing session was a success.

District 17: Not present

District 18: Victor: On 3/16/15, we got a new GSR from the Group (8 De Mayo). There were 7 GSR's present with the committees La Vina, CPC, PI, and Corrections. Also Archives gave reports on their activities. In February the secretary Monty and Alt Secretary Alicia visited the district and shared on their activities for the area.

District 19: Harlan: We had 12 in attendance with one visitor. one new GSR was welcomed great discussion on Tradition Two questions (taken from the Grapevine series) there is interest in developing a Concept Study Group; details will be finalized at the March, time is now given to each GSR to report on their meetings – positive feedback about this alternative DCM has resigned; election will be held in March to replace District 19 budget for 2015 will be reviewed in March Outreach to Inactive Groups was discussed with a final plan submitted to district in March district will discuss and vote on extending the meeting from 60 minutes to 90 minutes at the March meeting.

District 20: Dave: Not present

District 21: Old Business – We handed out copies of the Doctor's Opinion pamphlet to each member and discussed distribution strategies: take them to our primary care physicians and our specialists; take them to meetings and give to others to take to their primary care physicians; take them to treatment centers/recovery programs; and perhaps give to a contact at the courts – use for lawyers as well. I also emailed the CPC Chairperson, but received no response yet.

Visiting unrepresented meetings – We reviewed our district’s meeting list to try to identify meetings to visit to offer our assistance and support. We initially targeted meetings that were listed as “active”, but were not listed in the meeting directory – produced by the Central Office. The next targeted group will be the inactive or unknown meetings that are listed in the directory.

New Business – We discussed various methods to take the information from the pre-conference workshop to the groups and record their informed group conscience on the specific topics gathered to be reported on at the April 11 Area Assembly in Encinitas. One GSR emails a summary of the topics – similar to the workshop handouts – and requests replies for further discussion at their steering committee meetings. Another announces topic “teasers” during their report to solicit interest at the 15 minute post-meeting group discussion.

I made a brief announcement that I will be emailing the District’s Guidelines (last approved in 2011) before the next meeting for possible amendments and committee approval.

Round Table Sharing – Good reports from the GSRs (new & existing) with mostly well-attended meetings; one is receiving funding to attend PRAASA and travelled with me; another reported that they use the Daily Reflections or other AA approved literature at each meeting and also mentioned that their group will be providing cookies to the SD Round-Up in April. They are motivated to carry the message and be responsible so that the hand of AA will always be there to the suffering alcoholic.

District 22: Daniel: Attended Pre-Cons workshop with district 21. District 22 will be holding a sharing session in Ramona for members interested in conference items.

District 23: Jim: We voted in a new Treasurer, Mike O. Moving forward with the planning of Labor Day Picnic. Dark meeting outreach is working. We got 2 new GSR’s during our previous meeting.

STANDING COMMITTEE REPORTS

Accessibilities: Renee: Our well attended committee is very busy this months. We will have a table at the San Diego Annual Roundup, we are looking at hosting a workshop in October covering meetings-to-go with informational and instructive agenda. We are re-organizing our position for ASL Fund Administer; splitting it into 2 corporations as the successful response collecting ASL Funding from our area requires more work than one person can take on. We had 2 visitors from the CEC committee, addressing he elderly alcoholic population. To discuss where we might help get the message to this community.

Agenda: Paul: Reviewed the Agenda for the Pre-Conference Assembly with Area Delegate Dean B. • Reviewed the General Service Conference Committee on Agenda Items “A, B, and C” and will be continuing this process by way of e-mails. To give a “sense of the Agenda Committee’s suggestions on the 2016 General Service Conference Theme, Presentation/Discussion and Workshop Topics.

Archives: Anne: Items to Report:

Archives panel wishes to propose new event

2016 Round Up

Interview the Old Timers

Archives Open House – change to bi-annual

Replaces monthly open house

March 29 – date unconfirmed (before Spring Round Up)

November 7 (Before ROOTS)

CPC: Ted: The monthly CPC meeting was taken up with discussions of the meaning of the CPC Statement of Purpose and then the meaning of Concept 2. We then reviewed, changed, and approved the printing of 250 sheets of CPC letterhead to be used in letter communication with various kinds of professionals. These letters and their content are provided in the CPC Kit from General Services Office. Area 8 CPC intends to reach out to local professionals who routinely come into contact with suffering alcoholics. We also received a report from our committee member who attended PRASSA. The committee decided to meet at AA Central office every month from now on. No longer will we meet every other month in Leucadia.

We received a report from Area 8 Registrar, Michelle about the upcoming pre-conference workshop on March 1st.

Finance: Paul K: We are in the process of assisting the Area Treasurer in putting together the 2016 proposed budget. We still haven’t received all of the committee’s and officers 2016 budget request. So please get them in ASAP. The committee is putting together 2 motions addressing the Areas Tax Filings responsibilities and record keeping.

Grapevine/LaViña: LaVeara: The new pockets planners and wall calendar will be available soon. Language of the Heart in audio will be for sale on 15 April 2015. It will be featuring 18 hours of listening. In the grapevine issues is featuring "Double Digits Sobriety". The upcoming issue is being accepting stories on Technology and Anonymity is due on 5 April 2015. Letting Go of Resentments is due on 5 May 2015.

LaVina current special issues section stories is on AA Around The World".

Any upcoming event that is coming up please contact www.aagrapevine.org/calendar so that we can put on line.

SD H & I: Diana: The San Diego H&I Committee meets the third Sunday of the month at the Machinists' Hall at 5150 Kearny Mesa Road, SD, 92111. Policy Council at 11:30; orientation at noon, business meeting to follow orientation. All AA members are welcome at both Policy Council and at the general meeting. We also have an orientation the 3rd Thursday of the month at 7:00 pm at the San Diego Central Office on Mission Gorge Road. We are always in need of H&I volunteers; we are also in need of people who are willing to serve as committee members.

Contact on Release is a subcommittee of the SD H&I. We meet the 3rd Tuesday of every month at 6:45 pm at the San Diego Central Office. We are also in need of volunteers and committee members. Pamphlets and flyers are on the counter. If you know anyone who might be interested, please take them one. Or both. We are particularly in need of COR volunteers in the South and East Counties. We are also still in the process of reviewing our communications with our coordinators and panel leaders to be sure we are serving them sufficiently. Last month we contacted the coordinators by phone. This month they were sent an email reminder of the meeting. SDIAIC had a presence (chair and alternate chair) at PRAASA. We will have an information table at the upcoming SD Round-Up. Come and visit us when you are there. There is an H&I panel during the Round-Up as well. Saturday at 1 pm in the Tiki Room. And we will have our information table at the next Area Assembly on April 11th. See you there!
Please check out our website for complete information about our meeting schedule for 2015 and our current minutes and financial reports, including a listing of group contributions.

Information Technologies: Bill: We meet last night. Talk about the laptops. May be doing a proposal to get new laptops.

Literature: Karen: We are looking to grow and improve the committee. We are looking for help and volunteers. We need your support.

NCAIC (H & I): Susanne: Our last meeting was in February and worked on many items. Our next orientation will be on April 18, 2015 Saturday at the Oceanside Alano Club. The Board meeting will be a noon and the new member orientation will be at 1pm. The Southern California H & I booth will be at the Round Up Easter weekend. The Southern California H & I meeting will be held at the Mission San Luis Rey Retreat Center on Sunday, April 26. (Oceanside) NCAIC will be hosting. Many of the NCAIC members will be attending the H & I Conference in May in La Habra, CA. Our Coordinator list has been updated to better foster communication.

Newsletter: Ray: Not present

Policy: Emily: The next Policy committee meeting is Tuesday, April 7th at 6:30pm online using Google Hangout. Please send me an email for an invite. At our last meeting we continued to review the Flyer Guidelines last updated in 2012. We will be mocking up an "ideal" flyer that shows what an effective flyer needs. I am still seeking feedback from all AA members of the Area regarding the portion of the flyer submission policy of requiring translation of all flyers posted to the website in cases of workshops or events where Translation to either Spanish or English is not being provided. We will continue to review the guidelines in our April meeting.

We also read and reviewed Concept 3. We shared experiences of the good and bad applications of the "Right of Decision." 2 members shared experience of being a GSR for a group that wasn't interested in GSR reports and providing group conscience and used the "Right of Decision" to enable the GSR to represent the group. Discussed how stories like these in a 12x12x12 will make the Concepts more accessible to AA as a whole.

We also discussed that the Alternate Chair and the IT committee need to come up with a better process to ensure that the Website calendar and the Master Calendar are in line. Is it necessary to contact the Alternate Chair to get items on the master calendar or can the Area Web servant or the website calendar provide this information?

Emily volunteered to search other Area's guidelines for tax filings and send the information to Roxanne and Paul.

Translation: Alex: We got the new interpretation equipment in. It is being used tonight. Thank you for all of your help and support. If any documentation needs to be translated, please get it to us.

Motion for increase of Spanish Interpretation

A motion was made to increase the Spanish interpretation by \$25 tonight and review the policy. We need to refer back to the Finance and Policy for review before making any decisions.

There was discussion made in favor and against approving the funds at this time.

The question was called. A vote was taken and majority is reached and discussion ended.

Motion is to pay an additional \$25 tonight for Spanish interpretation and review with Finance and Policy for future payments. A vote taken and the motion carries. Please go back to your group and tell them that we need help financially.

PRASSA Open Sharing session (thought, felt, and heard)

Report given by George S Dist 12

Kick off AA meeting on Thursday at 8pm. PRASSA officially began on Friday morning with the opening meeting at 11:30am.

A past Pacific Regional Trustee, Madeleine P opened with a bit of sage advice. She advised that instead of trying to give a report on all the details of your PRASSA experience just try to concentrate on the top ten things that you learned at PRASSA. I learned that I would do well to "have my own PRASSA experience".

Some of the things I learned:

Area 6, California North Coastal, has a Mandarin Chinese Group.

One definition of a "leader" is a hot air duct in an HVAC system.

I felt that I belonged when I started to volunteer instead of being voluntold.

An African proverb is "if you want to go quickly, go alone but if you want to go safely go in a group.

Slip and relapse are benign words, when the truth is "we fucked up"

The slipperiest place is between the door of a treatment center and the doors of an AA meeting.

On the topic of a 5th edition of the big book I was reminded that in AA it takes two years to make instant coffee.

I learned to look at the shape of my triangle. Is the service side too long or too short? What about the recovery side? The unity side? They should be balanced.

AA should be "safe" Safe for women, for young people, for gays, lesbians, old people and any who may seem different. Remember the only requirement for membership. "A desire to quit drinking". We need to "take care of each other". We are responsible!

I was told to remember that the highest that you get in AA is sober. If you get any higher then you have to start over.

Report given by Alan M Dist 10

PRASSA started for me on Thursday at the opening meeting. Where with a fit of gratitude, I actually got up and shared. Which was the beginning of a powerful weekend for myself.

Thru the weekend I connected with my area like never before and our Pacific Regional representatives. I heard well researched topics with exciting and heard warming responses. I felt the heartbeat of Alcoholics Anonymous loving, thoughtful, and kind.

I learned a few things about inventory and outreach that I was able to immediately take back to my district. My district was as interested as I was with the topics. We were to have some good discussions that sparked some thoughts about topics for the general service conference. Thank you to all who were able to attend and those who I was able to share this experience.

Closing: Responsibility Pledge.

Meeting adjourned at 10:05pm.

Respectfully submitted,

Monty C., Panel 64 Area 8 Secretary and Alicia H., Alt. Secretary.