

July Area Committee Meeting  
**Delegate's Report**  
July 18, 2019

Thank you for attending tonight's Area Committee Meeting. Convening once a month as a body of District and Committee Chairs is the essence of our service work. What we do here is simply report on what we have been doing "out there" to carry the message of AA in our area. It's really a remarkable program, that so many gears of service are turning in tandem, each synchronized with each other to create a path of recovery for so many. I marvel at it, each time we meet. Thank you for being here.

If you ask any one here how they arrived at this junction of their service life, they will have a story. I was railroaded into my first GSR position after showing up to a meeting I had been conspicuously absent from for quite some time. I know I felt guilty for not supporting the meeting and I wanted a commitment that might make me a regular attendee. That part worked. I knew how the group (a woman's group) felt about General Service. They could have cared less. They didn't give a hoot about the Conference or the Concepts or the Convicts who were getting sober in state prison. At first I went along with their apathy. I wanted to be the kind of GSR they wanted. Silent and non-participatory, it seems. It took awhile to get my "service legs" and my voice working, but they work fine now.

At a recent Local Forum on Unity, in which I had the honor of participating, I was asked to share on "The Fundamentals of Service." After reviewing the Concepts and doing some historical reading, I found that I indeed have 6 fundamentals of service I try to adhere to as a member of this fellowship—I do not do all these perfectly but I do them with all the alacrity I can muster and the results are apparent in every aspect of my life.

**These Fundamentals of Service are:**

Practice the Principles  
Participate in your Recovery  
Publicly be Responsible  
Plan and Be Reliable  
Prepare for your Confidence to Soar  
Pray for Humility

The most important fundamental I've learned in Service is the last one: Pray for Humility. I once read that listening was one of the greatest acts of humility. I have needed to listen more than anything I have done in Sobriety. To my children, to my sponsees, to my fellow members and to participants in AA. I need to listen to my husband, to my employer, to the person on the other end of the phone. I listen. In each of these fundamentals of service you will grow and learn about yourself and the impact you'll have on your recovery and those around you.

During the Unity Forum there were several panels but the participants on an early panel simply shared their service stories, answering the question: **How has Service affected my sobriety and my life?** I listened to each share and took notes, pulling out the one or two themes that emerged. Here is what I heard in answer to the question:

**How has Service affected my sobriety and my life?**

In every way.

It's become part of my lifeblood.

It fits in my life.

What? How can I do more?

I now find the time, set my priorities.

You have always connected with my story.

People in Service have always given me strength.

It saved my life.

Your stories will save me.

I have feelings of gratitude today.

My list is long.

I couldn't live Sober the way I was living.

My home group said I could do something and it changed everything.

People ask me for help.

I have had a remarkable spiritual experience.

It gave me purpose.

I have something to do ALL the time.

I have had 2 visits to groups or districts so far and there are more on my calendar. If your district would like a visit from the Delegate, please call or email me with your request. The Post Conference Area Assembly was well attended but if your GSRs would like a more personal visit, I am happy to travel to your district.

I'm honored to be representing Area 08.

Roxane R.

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