

Alternate Delegate Report
September 24, 2022- Big Day Assembly

Good morning Area 8,

It is so nice and a privilege to be here this morning gathered up for this assembly.. Several months have gone by since the post coreference assembly back in June and area 8 continues to be busy, general service and twelve step work around us does not pause to take a break and for that I am blessed! What would I/we do without alcoholics anonymous, the fellowship and service work? My life is surrounded by alcoholics anonymous activities which still permits me to have my personal and work life, I have to agree that at times the weight on the scale for service raises up the other two, but without a doubt, all three areas keep a great balance allowing me to feel good with myself which allows my head to be in place, where it belongs. I'm just happy to be part of Alcoholics Anonymous!

During these past months, I've continued to attend some district and group invites to their meetings Delegate, Area Chair or both, being part of your meetings, I attend my liaison monthly meetings with San Diego Coordinating Council, SoCal H&I and SoCal Convention planning meetings, once a month I continue to join with many of US and Canada alternate delegates on a zoom meeting called NAAD (North American Alternate Delegates) where we share every month on a different topic related to our service position followed by questions and answers, this past month I joined a international corrections meeting via zoom with corrections servants from US and Canada as well, this meeting is every Sunday which I came across of it when I reached out to corrections desk at GSO requesting some information for one of the linguistic district corrections committee. God Bless the hearts of all GSO staff, they are so dedicated in helping out with our needs and questions, they understand the importance of carrying the message to the still suffering alcoholic.

Some other area activities and workshops I've attended have been; Unity Day/Founders day was very fun with lots of area participation from our area in unity, Unity & Service Conference via zoom (could not be in person up in Concord, CA) with great panels and speakers that entire weekend talking about recovery, unity & service, a local la viña workshop hosted by district 15 & area 8's grapevine/la viña committees where I was asked to facilitate a panel at the workshop, a regional la viña 26th anniversary event in las vegas with lots of broad sharing of how what la viña is, I was asked to share on, la viña bridging frontiers, more than 1,500 hundred la viña subscriptions were made from that event. I attended and participated in the 4 area DCM sharing session via zoomland, it was so great to be participate after a few years I had not attended for one reason or another (such wonderful sharing from the speakers and roundtables), San Diego Central Office Open House was such a fun day, great speakers, lots of attendees and lots of food (broke record as the largest literature sales that day), Area Chair and my self-attended and assisted area 93's area inventory (was great to here how other areas are functioning in carrying the message and where they need improvement), Area 5 hosted a general service workshop in Rosemead, Ca. with fifteen general service round tables involving six area members (areas 5,7,8,9,93 &

42) in the different discussion topics, and this past weekend the regional forum up in Utah, I'm sure I probably missed a few activities, its just been busy, but that's where I have been in service & unity for my recovery.

Wherever I go, I remember my area, I remember District 15 where is served for some years, I remember my past general service positions which I have really enjoyed such as GSR, DCM and Area officer & liaison positions. I know the long hours it is to sit in meetings, assemblies, workshops, conferences and conventions, but trust me, these experiences are a life changer! I want to thank every single one of you for being here today, and a special thanks to all GSRs who attended GSR orientation/school and for the ones that are here for the assembly, in person or via zoom. We couldn't do this without you and thank you for doing what you are doing that I am not able to.

Regional Forum; as I drove up with a couple of members from my home group to Salt Lake City, enjoying the scenery and long conversations, talks about personal life/situations, service, and recovery, you name it, just made out trip very short on the way up there and back. We left Thursday afternoon joining our ACM via zoom on the road, arrived at Vegas around mid-night and spend the night there. Woke up next day to hit the road around 8am in order to make it to downtown Salt Lake City by hotel check in time, get some rest and be at the Forum by the time it would begin, we ended up picking up our other compadre at the who arrived at airport shortly after we had checked in to our rooms. I mention this because Richard R., Johny O, & Jorge P. were going to be part of their first time regional forum experience, this was going to be my third regional forum experience, first time in Torrance, CA., second in San Jose, CA. and Utah. For some reason I missed the regional forum in Hawaii and Idaho, there might be another one I missed since 2010 when I started to get involved with general service.

First I want to share about what I saw; as we approached the registration table, down the hallway there was groups of AA members everywhere, smiles, handshakes, hugs, laughter's from members that you I already knew and also others that you meet, lots of introductions from us to them and them to us. After we got our badges and walked in the main room, I was so surprised, amazed by the hundreds of people there in support of the forum and unity in Utah, keep in mind there are still a variety of opinions in regards to meeting in person with all the covid illness and its variances. There was some open chairs here and there but we were able to find four open chairs toward the back of the room. During the first break that night, my friend Alex W. Alt Delegate from area 9 spotted me and came up, gave me a huge hug and asked me to go take a picture with the other alt delegates from the pacific region, I had not seen her in person since area 9's election assembly last year, where she was elected alt delegate. We had been attending our liaison meetings on zoom all this time, It was just so nice to meet in person and talk in a group face to face. We finally took our picture Saturday because some had wondered off, The Alt Delegate meeting (NAAD) has been very helpful for us exchanging experience, strength and hope from panel 71 & 72 alt delegates in our services.

Second I want to share on how I felt; I want to admit that during this forum I will relate to two main feelings were a spiritual energy opening my mind for what goes on alcoholics anonymous and a stronger love for the program that has saved my life and to the fellowship of AA and all the work they do for us. It is just incredible to feel the sense of life, the feeling of affection and the feeling of belonging. At times I remember when Richard felt worthless, empty and with suicidal thoughts. Being able to be surrounded by a huge group of people with its primary purpose of just another 24 hours of sobriety followed by that motivation of continuing to be part of carrying that message to the still suffering alcoholic and help in anyway of twelve step work, this energy recharged me, filled me up.

Lastly, I want to share on what I heard; to start off I want to acknowledge the love and dedication our Class A trustees have for the fellowship, for us and for alcoholics anonymous, they act for the best of Alcoholics Anonymous movement. After hearing the tons of work that needs to be done at GSO to operate and function along with the work involved during the year around Conference to keep us going in carrying the message, was just very surprisingly. During the panels there was sharing from our trustees, general manager, general service board treasurer, grapevine Inc and AAWS Inc staff members who make things happen over there. One of the most important things I bring back is that the percentage of what it cost to physically carry the message and what the costs for resources to carry the message are the same, in other words how I interpret it is that funds are needed to carry the message but the funds itself cannot carry the message, they required AA servants, service leaders and dedicated participation in order for the message to get there by someone. Another interesting item was that today it costs GSO \$6.81 per member and \$144.12 per group, this is a suggested yearly contribution to GSO. Overall, all the sharing that went on during this past weekend was great, very informative! I participated and attended the remote communities workshop session and there I did realize that there are many people, many communities that are left out from our groups and areas, that at times there could be money but no one to care for carrying the message, in some areas there are committees such as accessibilities, CPC & Public Information that could use more help to perform more outreach to these communities, deliver and provide resources, literature and materials to help. At times, there is not enough information to pass it on, this was widely expressed, that more action should be taken by the fellowship. I hope when the regional forum report comes out, we can all read it and be part of this weekend forum up in Utah.

We have one more assembly for the year in a couple of months on November 12th and then we will be moving over to next year's work. The weekend before the assembly there are two activities planned, one offered by San Diego Central Office which is the Pancake Breakfast, Saturday November 5th starting with fellowship at 9am, breakfast will begin at 9:30am, Ticket will only be available for purchase at Central Office beginning September 6th, \$10 ticket or there are ten tables of ten seats available. It will be first come first serve for ticket sales, please contact Judi T., Central Office Manager if you have any questions at 619-265-8762 or email her at: sdaaco@aol.com and the other is Southern California A.A Convention on November 4th through the 6th, all in person. More information can be found on the website at: aasocal.com or feel free to

contact me. Convention registrations are now open (\$30), banquet tickets (\$58), and rooms available for booking starting at \$150 plus taxes. The Convention will be at Pacific Palms Resort, 1 Industry Hills Parkway, City of Industry, CA. 91744.

Thank you for allowing me to be of service.

Richard O.
Alt Delegate-Area 8/Panel72