

Greetings Area 72

Well, we are in fully swing in the rotation and I am sure your calendar is busy. I want to encourage you to remember to have fun. If you are feeling overwhelmed, reach out for help, delegate, or even say no (give a suggestion of someone else).

Instead of going through all the places I have been this quarter and the lovely people I have met, I thought I would use this opportunity to talk about the Pacific Northwest Conference, which myself and some of our friends attended in June.

PNC uses topics from the Conference that our delegate attended and creates panels to breakdown these subjects. The panelists were amazing. I wanted to share my thoughts and experience about a few of them.

It was super fun to attend the "All Area Delegate's Post Conference Report." Getting a short presentation from other delegates and looking at their slides and listening to their experience at the Conference is just a special moment.

Kari from District 29 gave an amazing presentation on the topic of "Are Special interest groups/meetings dividing us or fulfilling a need?" First, you should ask her to email you her presentation! Kari delved into the history of these meetings, definitions of words, and gave the perspective of members in her area.

Heather, our chair, masterfully broke down the communications audit. This is definitely something I need to spend more time reading and look forward to the ongoing discussion.

Andrew from Area 58 I felt had a very difficult topic, "Safety in AA: What are a group's options when dealing with continual bad behavior by a specific member?" I was very interested in this as our group has had to have difficult discussions about changing our group conscience to address issues such as this.

One of the funniest panelists was Reilly, past Oregon Delegate, on the topic of "Perception of AA – religious cult?" This topic was actually brought to my attention at a past PRAASA and was reconfirmed with her presentation. I actually don't participate in some things I used to in the past in an effort to be more attractive to newcomers.

Vera, Delegate for Oregon, told her story on Saturday night. I was at the election in Oregon when Vera was elected. I was very interested to hear her speak and was not surprised at all that her talk was from the heart and focused on how much service has meant in her sobriety. It was always there from the very beginning because people just brought her along to events. I am trying to implement this more in my homegroup. Ask people to help me to do this or that and get them involved. I find it's a little harder to get people to blindly follow you into their car today like we used to do, but I'll keep trying!

I love Area sharing. It is so interesting to listen to the structure of other Areas. All the other Areas at this event are much smaller than us and have multiple assemblies a year. For example, Idaho has 11 districts! Going to events such as PRAASA and PNC are really the only way that I have been exposed to this intimate and informative way of sharing achievements, struggles, and future goals with other Areas.

The next PNC will be in Eastern Washington. I hope you put it on your calendar and hop in the car with someone! – Crystal S., Alt. Chair