

Hello Western Washington AA Family!

I want to start this report off with first a big 'air hug'. I cannot tell you how much I genuinely miss getting hugs from all my AA families.

I want to start off sharing with you what I have been doing as Alt. Delegate.

- **Facilitated a few GSR Schools.** I have had the pleasure of serving the area in many positions, but this is by far my favorite because of the GSR school. I love the GSR schools because an enthusiastic GSR is where it all starts. The GSRs are the most important person in AA. Remember, be the energy you wish to attract! Coming in the future – GSR School via Zoom. Right? Who ever thought of that? My idea is let's make them short and simple. Perhaps some of the other trusted servants would like to help out?

- **Group Inventory** – Thank you. It always makes me feel so humbled and blessed to be of service to the groups.

- Participated on an **Ad Hoc Committee – Communication** – we are using the GSO communications audit as a framework for our exploration. Interesting – one of the items it says we do not do well is communicate electronically. I would like to say to you that during this COVID-19 pandemic I have seen AA embrace virtual technology as a way to keep the "WE" connected when we can't be together in person. It has been said that alcoholics sometimes do not embrace change well. That could be a little true. This time I have seen us rise to the occasion. I believe that these new times will change how we in AA communicate and interact. While nothing is more precious to me than my time with a real face-to-face human caring the message. I miss the chatter between friends and hugs when we depart. Virtual meetings are pretty good.

- Participated on an **Ad Hoc Committee – Newsletter** – The newsletter committee examined the newsletter quickly. We were tasked with bringing you a report back to this Quarterly. It is the fastest I have seen an ad hoc committee work. I think given the time constraints we did the best we could. Perhaps once you review the report it will be decided to continue the Ad Hoc Committee or create a new one to dig even deeper into some of the options suggested in the report.

- **Pre-Conferences!** Oh yes – 4 Pre-Conferences with one online via Zoom.. I had the opportunity to take notes for you for each of the Pre-Conferences. You are amazing. At each one – Alan went over the same topics. Yet somehow each Pre-Conference taught me something new and made me think differently. I love how unique each region of Western Washington is. I am excited to hear from Alan about the report backs.

– **PRAASA** – Well – where do I start! The weekend started Friday and ended Sunday and I was the most perfect type of exhausted. I was exhausted because the vibration throughout the entire PRAASA was electric and rejuvenated my deep love of AA.

- Alan gave a beautiful heart felt speech about his experience as Delegate.
- I attended multiple Alt. Delegate sessions where I was fortunate enough to be able to connect, laugh and develop relationships with the other Alt. Delegates in the Pacific Region. I believe I made a few lifelong friends. I was also the Alt. Delegates roundtables scribe for the weekend. Since returning home from PRAASA we continue to be in touch and support each other during these crazy times. Everyone reached out to each other to share resources and “how to” do Pre-conferences and Quarterlies via Zoom.
- Meghan – DCM 44 gave an AA talk on the ‘we’ of AA. She was brilliant and inspiring. She reminded us all that the “We of AA is me.” She spoke about “Do we expand our AA through service?” Yes – once we start doing this thing called service it expands to our work, family, and life in general.
- Oh, and the craziest thing happened at PRAASA. You know in the 12x12 it talks about “when AA girl meets AA boy”. Well last year, this girl and guy met at PRAASA – and this year he went to the mic and got down on one knee and proposed to the girl he had met the year before. It was so beautiful. Oh she said yes.

I’m not sure what talk right now would be complete without mentioning the COVID-19. We are responsible – when anyone – anywhere reaches out for the hand of AA I am responsible. While during these unparalleled times, we still have to be reachable to the still suffering alcoholic or that person who decides now is the time to get sober. I realize that it has been hard – stopping the face-to-face meetings. But we still need to make it easy for people to find us for all who need us. So I ask a favor – for those of you that are not meeting but have shifted to a virtual platform – have you gone back to your meeting location and put a note up so if someone does going looking for us – they know how to find us? Let’s be spiritually actionable and reachable for all until we can return to our old normal.

On a personal note, on February 9, I married my best friend. I have a new last name/initial! Some of you may have seen him with me a few times this year at different events. While he is not one of us, he is in another fellowship. I cannot believe the depth of the relationship because two 12 step programs speak the same language of the heart. So, if you see me smiling a little more these days, just know that love feels pretty good!

As always, I am here and available to serve you. I’m still happy to attend your District meetings via Zoom or in person when we can. Please let me know how I can be of service to you, your groups and districts.

You, Western Washington Area 72, each and every one of you amaze and inspire me. Because of you allowing me to serve you as your Alt. Delegate, I have been gifted one spiritual experience after another. Thank you for how much richer my life is because of service to you. I have a treasure trove of memories and for that I will always be grateful.

Yours in Joyous Service.

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