

Delegate's Corner

June 30, 2017

I was speaking at a DUI class yesterday and I found myself choking on the word, anonymity. My mind went completely blank at the prospect of trying to explain this very spiritual principle. I was definitely critiquing myself afterwards, saying I have to find a better way of explaining this principle to people who have no idea of what AA is or isn't. What's going on with me?

The day got progressively even crazier. There were a lot of outside forces in the world grabbing social media. I had difficulty putting my phone down. I was looking forward to meeting with my sponsor when she canceled due to illness. I was sitting on my couch when this thought hit my mind: I need step two. I got up off the couch and did something that I have not done since I was a newcomer. I went and cleaned a toilet. That was something my sponsor would tell me to do when I was new and crazy. It was a small positive action that I could complete. In a world where I was powerless, this was something I could have power over. Well, me and a can of Ajax. (This is a metaphor on so many levels.) That night I was to meet some women for dinner and a meeting. This action got me through until I could get to a meeting and hear some hope.

At the meeting I heard a share by a person with three years that did give me hope. She talked about having faith when the road doesn't look like it's going anywhere, putting one foot in front of the other. I came back to my problem with anonymity. It's a two way street. I promise not to break your anonymity if you promise not to break mine. It's a matter of trust. Today I was not trusting. When I get sucked into the vortex of social media, the world can feel like a scary place. But I can choose to change my perspective, to change my focus. I can go from the negative to the positive. By taking simple actions and reaching out to others. Step two and tradition two get me out of myself. Isn't that what anonymity is all about?

In Love and Service,

Joann L.

Panel 67 CNCA Delegate