

Delegate's Corner

August 2018

My odyssey on Tradition One continues. I am noticing Tradition One at work around me in all walks of life. With Tradition one as a firm foundation, we can then understand the rest of the traditions, just like it was with the steps. Last night I found a You Tube video of one of America's Got Talent auditions that I had not seen yet. It was the Angel City Chorale audition. The choir master, Sue, was asked about the beginnings of the choir. She said she wanted to start a group that could give back to the community and represent diversity. The 145 members of the choir were different races, religions, ages, sexual preference and political views, but in the choir they came together to be one voice, one harmony. To me, this was an example of tradition one at work.

Our common welfare comes first and our own personal lives depend on this Unity. When we put aside what makes us different and focus on what brings us together, we can find harmony. Sometimes we just need a reminder of what we have in common. Our common suffering with the disease of alcoholism brings us together but it is our common solution in the spiritual principles of the program that is the glue that keeps together. I am reminded of what Dr. Paul said in the story "Acceptance Was the Answer" when he talked about his marriage to his wife Max. When he focused on her defects, they grew and grew. When he focused on her assets, those grew and grew as well. My attitude today is a direct result of where I put my focus. At any given time in the day when I find myself caught up in discomfort with the world around me, I can look at what I am focusing on. I can change my focus. I can change my attitude from the negative to the positive. Instead of blaming others for how I feel about any given situation, I can take a look at my attitude and focus and make a change. Taking responsibility for me is one of the greatest gifts I have found here.

Thank you, Alcoholics Anonymous!

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