

Delegates Corner
November 2017

On the Monday after the fire broke out I found myself not being to see beyond that one day. All I could do was what was in front of me for that day only, which was making sure the family was safe and that we were prepared to evacuate if needed. But Tuesday I woke up and on that day I wanted to do what I normally do on Tuesday. And I wanted it so bad! There was nothing standing in the way so I did my usual routine. I went to my home group, worked with a sponsee and then attended to my commitment of going to a district meeting. I was never so grateful as to be able to do those things on that day.

Having a service commitment has always served me well in my sobriety especially during hard times. I quickly became addicted to my District meeting because there was so much information to try and understand that for 2 whole hours my head was not thinking of its usual garbage. For that period of time, I had relief of the bondage of self. I have heard a lot that you can't keep it unless you give it away, but what they don't tell you is: the more you give, the more you get. I always receive so much more satisfaction and joy than what I give. Billy N., in this year's conference report described it as the debt that can never be repaid. Plus the added benefit of being in service is watching the spiritual growth of others doing service. I do not think I am alone in my experience of that special joy.

Bill W. discovered this wonderful secret of service while he was in a desperate situation in Akron, Ohio. Business had gone south and he feared he might pick up a drink. Instead, he started looking for another alcoholic to work with, someone to carry the message to. He found Dr. Bob as the result of his efforts. (I am sure it was not an unpleasant experience for him. They talked for over five hours!) The legacy of that meeting was a way of life for all of us. It is a way of life that continues to not only provide sobriety but the limitless lode which will pay dividends only if we mine it for the rest of our lives and insist on giving away the entire product. I am so grateful for this way of life.

Thank you for letting me be of service,
Joann L.
Panel 67 CNCA 06 Area Delegate