

Delegate's Corner  
April 2017

So I am now 20 days away from the adventure of a lifetime. As I have been telling people, I feel like a house has just dropped on me and I have these red shoes. Lately I have been having this strong feeling to go back to basics. So I asked my sponsor if we could read the Big Book together. I am really enjoying this time I spend with her, talking about the spiritual message contained in this book. I try to remember it is still just this simple. Don't drink, go to meetings, work the steps, read the book and be of service to others. The only part that has changed is my service work got a little bit bigger, and then it expanded to all parts of the country. So my insecurities make me want to feel the chain that is connected to the anchor of my sobriety: my sponsor and my home group. The chain is still in place and so is the anchor. Ok. I think I am ready to travel to New York.

My experience at PRAASA this year was very much feeling like a newcomer. The Delegates Roundtable was all about sharing on what to expect at the Conference and how important it is to take care of yourself that week. I have already had reminders from other past delegates to rest and drink water. Again – the message is so simple. I felt such kindness and love at these roundtables. As much as new experiences always play havoc with my insecurities, I have this strong sense that there will be nothing to be afraid of. There was such love in the room for Alcoholics Anonymous. There was a feeling of warmth and love from all the trusted servants.

So the job now is to show up, listen and be present for all of you. I know I have told you the story of how, as the chair, I was instructed to write the names of the GSRs down as they came to the microphone with their group consciences and then say "thank you" and their name. I still have the lined paper with all the names on it. When I touch it, I still feel the strong connection to the fellowship. I am wondering what I will experience this year. Whatever it is, I will have the opportunity this year to share it with you. I hope I will be able to describe every fabulous moment accurately. My instructions this year are: Don't Blink. Enjoy every moment. That is my intention.

In love and service,  
Joann L.  
CNCA Panel 67 Delegate