

## The Deep Breath Before the Plunge

We're living our Sixth Warranty – keeping AA democratic in thought and action – whenever we participate in the Conference process, guided as always by our Steps, Traditions, and Concepts. We're about to do that at a much greater level of intensity and I feel myself drawing a deep breath before the plunge and hope that you too are also preparing.

If not done already, now is the time for GSRs to be scheduling Agenda Topics Sharing Sessions with their groups and for DCMCs to be scheduling Agenda Topics Workshops (and inviting presenters). The Area Officers have scheduled their meeting following the release of the Final Agenda Topics and Background Material, to parcel out the writing of the Agenda Topics Summaries. Expect to see those around March 1.

As soon as the Final Agenda Topics are available, I will email them to the DCMCs, together with a password protected link to the Background Material. That should happen around February 16.

As your delegate, I have already had conference calls with my Conference Committee colleagues to discuss the preliminary Agenda Topics and *proposed* Agenda Topics and whether we wish to see these on our Final Agenda. As the Chair of the Conference Committee for Treatment and Accessibilities, I will be off to New York at the end of January and beginning of February to assist the Trustees' Committee as they work through their agenda and finalize the Agenda for the Conference Committee. I will also attend the General Service Board Meeting at which the Agenda Topics for all the Conference Committees are finalized.

I have also spoken to my Conference Buddy, Shane from Area 42 (Tennessee), a Panel 70 delegate. We spoke on the phone the other evening and related to him how I survived the pace and intensity of the Conference last year, yes, but also how I thrived.

So, wherever you serve in our upside-down triangle, I hope you have your activities mapped out, but that you have also given some thought as to how you will prepare your body, your mind, and your spirit. My experience has been that when I nurture all three, my service has the potential to go further.

I wish you an amazing preparation for our 70<sup>th</sup> annual General Service Conference!