

## June 2020

As I write this, I have just finished the initial narrative for my Delegate's Report on the 70<sup>th</sup> General Service Conference. I have also assembled some photos and videos! Now, I get to pause in my telling of the tale before knitting everything together—all within the next 5 days!

The story of the Conference is enmeshed in the story of this quarantine and if you're anything like me, this quarantine has been both a joy, and a challenge. There are good bits and not so good bits. I can't help thinking what this would be like if I were still drinking. I shudder to think and pause to reflect with gratitude on the fact that I am now sober and with responsibility as I consider those who have yet to find a way out.

Writing the first draft has brought up a lot of emotions. In recovery, you have taught me that it's possible to feel several, sometimes conflicting, things at the same time, but to always be alert, paying attention to how I can be of service in the universe, particularly for the newcomer.

Now if you're wondering why I'm only at first draft stage, a week out from our Post-Conference Assembly, it's not that I'm a procrastinator—though I've got that too—but more a case of the fact that I need time to make sense of any important experience I've been through. Hopefully, I've left it long enough to make (some) sense, but not too late that I can't put it all together for next weekend. You will be the judge of that on June 6.

I could easily drone on for hours, but the 90-minute timeframe we wisely give our delegates in CNCA will help me focus as much on the story that you need to hear as the one I want to tell. And that's where I come full circle, back to how I can be of service in this situation.

So, you see, this pause has allowed me to connect with all of you, again, and re-orient myself on the service plane.

What an amazing program we share.