

The Summer Assembly went well, hard work from District 19, lots of fellowship from King City all the way to Crescent City it was very exciting getting to connect and hear presentations and sharing from you all.

We got to vote on two different items, failing on the first one about "the trustees' Literature committee consider deleting or changing a phrase on the *Living Sober book* : "Better to be chubby or pleasingly plump than drunk, right? Did you ever hear of anyone being arrested for 'fat driving'" and the second motion about distributing the Area newsletters (*Comments / Comentarios*) electronically unless requested by mail passing, both voted by two thirds majority

As we getting close to the end of the panel I got to give my Job Description as Chair last month having two left one from our Alternate Delegate Eric L and the other from Jennifer B our Panel 71 Delegate.

At the last Area Committee Meeting in August we went over all our Agenda; funding one website committee member to attend the National AA Technology Workshop to be held September. Also voted in favor to fund a simultaneous interpretation for the Online Finance Workshop to be hold on November and we will hear more from our Finance Committee regarding this. CNCA is also funding one member of the Bridging the Gap Committee to attend the National Bridging the Gap Workshop Weekend in San Diego on September. And lastly CNCA funding an other member of the Archives committee to attend the 25th National Alcoholics Anonymous Archives Workshop to be held Little Rock, Arkansas September.

By the time this issue of the Comments get published lots of us will have lots things to share and bring back to our fellows from The Pacific Regional Forum to be held in Salt Lake City Utah, these Forums are one of the many reasons I stayed in GS, seeing things happening to help the alcoholic that stumbles on different places and having AA available its possible has to do big part by being informed.

Again with a friendly reminder to bring your FM RADIO, we count with simultaneous interpretation English/Spanish– Spanish/English just as English assist listening at Area Committee Meetings and all our Area Assemblies.

It is time for me to reflect and pray. Big part of that related and reflected on daily activities simply by seeing increasing my list of gratitude on these last few years expanding my understanding on the importance and the impact when I made the decision to make my self available and serve that first cup of coffee in early sobriety, unimaginable experiences, AA is more than stop suffering or being useful its more about re-evolving my common sense as human being, Love and tolerance to Others and gratitude as tool.

Thank you for allowing me to serve.

Miguel H
CNCA Chair