

DELEGATE CORNER APRIL 2025

The program of AA as a whole depends on our participation and is being shaped by our level of willingness during these times.

The group conscience process is a spiritual experience. The agenda topics allow us to have a fearless and honest discussion of our strengths and weaknesses.

We are invited to participate, and practice using our voice. Do we know how to communicate effectively and consciscely? Do we provide a safe space to let others participate equally? Have we done the work? Have we read our AA literature and background materials and become fully informed? When we don't understand something, are we asking for help from people who have done this before? If we know what we are doing, are we encouraging the new GSRs, sharing our experience when asked?

We have a responsibility to practice deep listening, to just hear each other today, rather than responding or fixing.

We are asked to remain teachable and in learning.

To be familiar with our traditions and concepts.

To let go of the need to know, and to open our hearts and minds to views that are different from ours. Unity is not created through uniformity, but through conflicting safely with each other and sharing a meal afterwards.

I would not be alive today without this fellowship, and so, yes I can do the work and walk through my fears each day in order to be fully present for all of you, so that I stay sober another day and am of maximum service. Welcome to the General Service Conference process, Panel 75 -Working Together and Increasing Trust.

Our PreConference Assembly and the two hundred written group consciences I have received show the effort and enthusiasm of our groups and their representatives to keep our process alive and thriving. I am so excited to go to New York and participate in this spiritual experience on behalf of our area.

Chitra Samanta
Delegate
CNCA 06, Panel 75

