

Delegate's Corner
July 2025

How we treat each other is more important than what we do....

I was at a PRAASA the first time I heard this spiritual axiom, delivered by a past trustee on the final day when our leaders share a little of what they have learned through years in our program, in General Service. In my phone I have a page in my notes section called PRAASA Gold (full of all the golden nugget phrases we hear that have slowly changed who I am).

As I wrote this phrase down, I thought "*this can't be right*". I had literally led my whole life with the idea of needing to win, be better than, achieve. The Golden Rule, sportsmanship, how we treat each other, was just something people said who weren't trying to get ahead. But if this statement was actually true, then I had been focused incorrectly my whole life. It took a few more years to soak in, for me to really buy into the idea - that what we are doing is just the setting for how we treat each other. And if we fail to act with love and tolerance, the situation just presents itself again. It's like a test from my higher power: how am I going to respond when my buttons are pressed. Nope, try again.

This panel the theme of safety and inclusion keeps popping up. So much work is being done by our districts to bring up healthy conversations around the things we don't like to talk about. There's so much to learn here. When I am disturbed, there is something wrong with me. Have I taken inventory, talked to my sponsor, shared my thoughts with another alcoholic? How do I go from blaming others to taking care of my own needs? Where am I needing to be responsible? When I am triggered, how can I go from wanting the external circumstances to be different to changing what I can control (my own actions and mindset).

I love the shift that AA has given me - it is so empowering. This new pair of glasses allows me to take action when I am uncomfortable- I can look inside, and ask why I am at unease. I can pray, meditate, and create a safe space inside myself. I don't have to wait for the external world to be the way I want anymore. I can create the environment I need. I can be loving, kind, tolerant, and peaceful.

This is so different from the me that loves to instigate, cause drama, and stir things up. I am still both sides, but now I have tools to create calm. Thank you General Service.

Chitra S.

Delegate

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