

OK hello good afternoon David so you milk colico the trick to he says Arias says me look away later Primera traicion diciembre the Milano ciento cuarenta programa de estar fermente basada en El principio de humildad esil quota proportion umm with the proportion to supone entre otras cosas kel oremos relacion marlo de la forma de Vida condos icon retro semejantes kenobi Amos and nosotros mimo como realmente somos una pequena parte and Luna grand total Alberta see metro Mensa semejante de fruta aremos de armonia El metro Grupo forester razon la tradicion de la Sierra confirm Mesa general preference yeah algunas preguntas esto desire individual not gonna mucha importancia other domino porsu grupo actor bio porel mucho no parece care creswell resulta cerasi talvez noi and napiera unas una Sociedad mas personal embryo KKK estamos dispuesto are considered individual mayor libertad possibly the air actuator and Alcoholics Anonymous nunca la palabra tiene esque we poco grupos imponent castillos analia for in complemento sisu erimo pero nunca castiliano are complete or no cumplir con El principio de ESA correspondent individual the superconductor Segun seguimos al Pierre de la letra la sante Las palabras no whose caras mucha gracias and for those for those of us who don't speak Spanish I will now read it in English and this is tradition on December 1947 coming from language of the heart our whole a program is securely founded on the principle of humility that is to say perspective which implies among other things that we relate ourselves rightly to God and to our fellows that we see each other we see ourselves as we really are a small part of the great whole seeing our fellows thus we shall enjoy group harmony that is why a tradition can confidently state our common welfare comes first does this mean some will ask but in a the individual doesn't count too much is he to be swallowed up dominated by the group no it doesn't seem to work out that way perhaps there is no society on earth more solicitous of personal welfare more careful to grant the individual the greatest possible liberty of belief and action Alcoholics Anonymous has no musts few AA groups impose penalties on anyone for nonconformity we do suggest but we don't discipline instead compliance or non-compliance with any a principle is a matter of convenience or it is a matter for the conscience of the individual he is the judge of his own conduct these words of old time judge not we observe most literal language of the heart tradition 11947 Aloha my name is Cheryl and I'm an alcoholic so our presenters for this panel are David R from area 18 and Deborah L area 9 delegate Wayne H area 2 delegate Lisa S area 72 alternate chair and Tara L area 69 our timer for this panel is Kevin my name's Kevin and I'm an alcoholic sobriety date is December 1st 2023 my Home group is our primary purpose for this session each of the presenters will be will give an 8 minute presentation the green light comes on immediately after the presenter introduces themselves the yellow caution light comes on after 7 minutes and the red light ends the presentation if the red light turns on we will thank the speaker with a warm applause if the presentation is being interpreted the time allowed will be doubled to 16 minutes with a yellow light at 14 minutes sharing from the floor microphones will be timed at 2 minutes the yellow light comes on at 90 seconds and the red light at 2 minutes followed by a loving applause if the speaker is being interpreted the time allowed will be doubled to 4 minutes with the yellow light coming on at 3 minutes OK we're going to start with Andrew R when we disagree participate fitting tradition one in difficult practicing tradition one in difficult conversations let's fix this my good I would like to thank the 2026 project committee for the invitation to speak on this topic it's quite an honor thank you very much good afternoon my name is Andrew I'm a grateful alcoholic I'm from area 18 my Home group is 7:00 AM zoomers Idaho area 18 you may notice I'm wearing a lanyard of turtles

today a dear friend gave them to me and I wore them intentionally because lately in some of our service conversations there's been a lot of Pearl clutching honestly I admit sometimes I'm the one doing it when I was asked to speak on when we disagree practicing tradition 1 and conversations I realized something immediately my entire a service life has been born inside disagreement and controversy I don't come with answers I come with experience and a little humility in the 12 and 12 tradition one says most individuals cannot recover unless there is a group it becomes plain with the group must survive or the individual will not that's not poetry that's survival my sobriety depends upon the group and the group depends upon unity and the big book on page 98 we're reminded that a is for people with job or no job wife or no wife some of us have no jobs some of us do have lives some of us have partners some of us have lost everything some walk in voiced some still crawl in broken it was never built for sameness unity is not optional it's oxygen and this isn't just spiritual language it's measurable research shows that people involved in AA and 12 step programs achieve 21 to 60% are rates of continuous abstinence from those and other treatments long term studies show that people engaged in recovery fellowship groups doubles the chances of sustained abstinence compared to recovery alone peer support increases retention reduces relapse improves long term sobriety these aren't just encouraging numbers they tell us something simple profound connection saves lives Renee brown says connection is why we're here it gives us purpose and meaning to our lives alcoholism shame fear isolate us connection interrupts that isolation tradition 1 isn't about meanings running smoothly it's about whether the alcoholic who walks in finds connection or walks out alone unity is not sentimental it's statistical it's structural it's life or death to me a is a gem with as many sparkling facets as it has members each member reflects light from a slightly different angle but remove enough of those facets and the gem loses its brilliance we are living in charged political times and here's the hard truth a is not a hotbed of mental health we're Alcoholics we're spiritually growing not spiritually perfected sometimes growth is noisy my online Home group is 7:00 AM zoomers we started during COVID when in person meetings were limited politics fear and strong opinions were front and center the split in our group was painful people stopped speaking sides were formed we were told to shut down your meetings and get back into the rooms I became the first GSR of Idaho's first online only a group not because things were smooth but because they weren't my service life began in controversy we say a has no opinion on outside issues that's true as a fellowship outside issues don't stay outside of our lives they seep into our home groups they show up in our business meetings they walk in with the alcoholic who is still hurting the 12 and 12 also says we believe there isn't a fellowship on earth which lavishes more devoted care upon its individual members surely there is none much more jealously guards the individual's right to think talk and act as he wishes that line convicts me because sometimes I would love to point out how wrong some people are my supreme humility and my sponsor and my service sponsor remind me to pray take my own inventory and focus on unity in service I've seen heated conversations about a meeting wanting biological women only and no trans women whether it's a fund interpretation and translation or not whether a should have public information booth at pride there have been tears there's been raised voices there is passion everyone believed they were protecting a everyone believes they are protecting a AA friend once told me it's not what we get accomplished it's how we treat people that line humbles me because tradition 1 isn't asking did you win it's asking did you protect the group sometimes protecting the group looks like restraint sometimes it looks like listening sometimes it looks like not saying the clever thing I've rehearsed in my head when emotions were high in our area about a public pride public information booth at pride something spiritual happened we slowed down we studied the traditions we did in reach elder statesman steeped in the traditions guided us back to principles instead of personalities I am profoundly

grateful for my sponsor my service sponsor and those older voices today our CPC and Pi committee is bustling not because we avoided disagreement but because we survived it tradition one says the group must survive or the individual will not that means unity is not about comfort it's about survival when we argue about online meetings gender identity translation funding pride events politics the stakes are higher than our opinions because the alcoholic who still suffers doesn't need us to agree they need us to exist they need us unified enough that when they reach out someone answers a is a job with as many facets as it has members and when we guard unity when we treat each other with dignity even in disagreement we protect the one thing that makes recovery possible connection so when we disagree the question is not who is right the question is are we protecting the connection that saves lives thank you for letting me be part of that connection thank you for protecting this gem thank you for letting me share mahalo presenter 2 is Deborah L and she's going to discuss mental health and a what's her role and what it isn't thanks so much everyone I know we're running late so I'll get going my name is Deborah and I'm an alcoholic from area 9 mid Southern California I was I was excited to speak about this topic mental health and a what's our role and what isn't I love assignments like this because they give me the opportunity to read research and discuss with other a mentors the material produced by members like youth through our general service office publishing departments our literature gives us guidance rooted in experience not opinion let's jump in at the conference level our role may be with asking who is the audience where should we where should helpful information be gathered from is this material directed to the a member or is it directed to healthcare professionals we often seek input from medical social so typological professionals when developing literature that touches on medical matters for example in the pamphlet the a member's medications and other drugs P11 because the subject involves important medical decisions a group of physicians who are members of a along with two physicians who are friends of day or asked to review the pamphlet that tells me something important a stays in its lane and seeks professional input when needed it goes on to read some Alcoholics require medication and the same pamphlet it states clearly Alcoholics Anonymous recognizes there are members that their members are not immune to other medical and psychological problems some of us cope with depression that can be suicidal schizophrenia requiring hospitalization bipolar disorder epilepsy diabetes heart disease cancer and other medical or biological illnesses how many of us today have only one problem how many of us have more than just drinking as a health concern acknowledges this reality and is aware some Alcoholics have medical mental health conditions or medical concerns and need to find help for those issues elsewhere but a can offer help with alcoholism as few other professionals have been able to the pamphlet goes on to say that because of difficulties many Alcoholics have with drugs some AA members have taken the position that no one in a should take medication while this position may have prevented relapses for some it has meant disaster for others there have been tragic cases where members told depressed Alcoholics to throw away their medication depression returned in some cases suicide followed members with problems such as those described have been discouraged by well-meaning a friends from taking prescribed medication only to suffer severe consequences to make matters worse they felt guilty believing that AA was against pills the pamphlet is clear it is wrong to give medical advice suggest any alcoholic deprive themselves of medication that can alleviate or control physical or emotional problems So what is our role it is to use good timing vision and estimate and encouraging your prospect A's can often help where no one else can if the prospect is alcoholic they will understand you at once you can suggest reading a pamphlet or two together such as is a for you or questions and answers on sponsorship read together the doctor's opinion or bill story and ask if your prospect can find themselves in the description there tradition 5 singleness of purpose will help

everyone at this stage we don't diagnose prescribe or advise medically the treatment committee workbook M40 speaks to this as well under the chapter carrying the AA message into psychiatric mental health settings page 17 it reminds us A's have been bringing meetings into psychiatric facilities since the early days of Alcoholics Anonymous as early as 1939 doctor blaze Dale allowed a meetings at Rockland State University Rockland state hospital in New York Alcoholics recovered there and they continue to recover in similar settings today the workbook reminds us a has no opinion on outside issues such as diagnosis treatment or medications this is tradition 10 in action in these settings are essential element for success is enthusiasm Preparation and a solid understanding of the 12 steps in the 12 traditions no clinical expertise is necessary or needed even if you have some while wearing an A hat all you need to be is a member in good standing the pamphlet for our members P87 Alcoholics AA for Alcoholics with mental health issues and their sponsors inward this inward facing pamphlet meaning written for our members it includes stories of recovered members and their sponsors who walk this path together again professional insight was sought it includes these important safeguards no member should ever play doctor all medical advice should come from a qualified physician be honest with your doctor about how you take your medication tell your doctor about that you are in recovery be aware that behavioral changes may start when new medication with new medication sika physicians experienced in treatment and treating alcoholism if needed the pamphlet also reminds us Alcoholics can develop dependencies on substances other than alcohol misuse of medication can threaten sobriety medical supervision is essential again a does not replace medical care on the one page fact sheet SMF 94 it states plainly what a does not do the medical or psychiatric take make medical or psychiatric diagnosis or prognosis or offer advice this service material is clear about what we do and how uniquely suited a recovered alcoholic can be to those seeking help with their drinking problem So what is our role our role is to share our experience strength and hope about recovery from alcoholism like many AA members who've achieved sobriety can we can continue to carry a message of the alcoholic who still suffers practice our 12 steps honor the 12 traditions avoid opinions on outside issues encouraging members to seek professional help when needed we are not doctors therapists psychiatrists pharmacists at least while we're wearing the membership hat we are recovered Alcoholics helping other Alcoholics achieve her sobriety mental health and sobriety are not competing issues they are realities many of us live with the balance comes when we stay spiritually grounded refused to play doctor respect medical science uphold our traditions keep AA's primary purpose the centre or responsibility is not to solve mental illness or responsibilities to carry the message of recovery from alcoholism clearly compassionately and without interference interference in outside issues thank you for letting me be of service our third presenter is Wayne H in remote communities are rural homebound or isolated members finding a hi my name is Wayne I'm an alcoholic panel 76 area O2 like from Alaska to answer this question I'd like to start by giving examples of what a remote community looks like or some of the communities look like and some personal experiences I've had and this is limited on people I've worked with and are and listening to our rural communities uh presentations over the years and the first example I'd like to get comes from Nikki of area 28 and she says imagine living in A2 light town 30 miles from the closest meeting in a power wheelchair things changed and people moved that feeling of uselessness and self-pity returned alone scared and with the desire to change the way he felt I drank started to sound like a solution Nikki comments taking a chance and asking how you are the listening to the answer may provide this solution to someone and that's for me who is isolated well reaching out to people is a big part of what we do in a for people with accessibility barriers it is my opinion we need to assess and work around these obstacles to the best of our ability graphical cultural language and life conditions also challenge

many of us as well as the still suffering alcoholic OK most of Alaska is a remote community we have a large geographical area with a population of a little under 750,000 people 2/3 of which live off the road system and can only be accessed by air when the weather's good by boat when the water isn't frozen quite a few people in our state have alcohol problems to repeat a quote from Sander H Hooper Bay many whole families are Alcoholics even including infants this is the case they stayed home getting alcohol delivered becoming isolated area O2's communities work has given him the ability to say they can steal my fuel but they cannot steal my Peace of Mind they cannot steal my sobriety some of the methods we use to reach those who are homebound are 24 hour hotline three times a week call in meetings and a variety of local on online meetings online meetings have become more popular and accessible and anonymous with the advent of the space based Internet another barrier is language most of us have problems understanding when someone is speaking the language different from ours Laurie R from area 9 Saskatchewan put it like this there have been attempts at translating a literature into these languages but the nuances and dialect make it difficult she goes on alcohol is much easier to access than Alcoholics Anonymous and I think we can agree with Utah area 60 nines Theresa MA's are the same in all and that we all feel different we must find our mutual experiences strengths and hopes through group meetings group unity and organized service this program has gone grown among social minorities because in a member at the time and was still willing to help ohh I'm sorry anyway uh in our area the plain language big book has been a boon for this for people who don't speak language or speak English as a first language or don't understand which language at all and it's really helped them to grasp and receive the message culture is also an isolation problem for us member of southern California's area of five put it this way we have to look at our own internalized racism and an example comes from the Los Angeles central office they were getting about a call a week from someone looking for a Chinese meeting but nowhere to send them we realized that there must be cultural barriers that were keeping Chinese speaking Alcoholics from finding their way to us another cultural bloc is perceived status for Minnesota in California's area 09 it all said as a new GSR actively participating in the area delegates and delegates and trustees seemed remote and inaccessible I never knew non trustee directors existed he asks does our focus and self identification as the responsible ones and a make us less available that is isolated to the still suffering alcoholic our job in my opinion is to learn how to meet these people where they are and then not only can we help there are many life conditions that they can be considered isolating as well and include the physical like being deaf or blind mobility issues temporary living in remote regions such as those in the military miners controlling workers they're immigrants and seasonal workers they're senior citizens who cannot leave their home their patients who cannot leave their institution for various reasons single parent when single parenting folks must choose between going to a meeting or staying at home with their child sexual diversity is prevalent we have some in the homeless population that want to get sober these and others are around us every day a lot of these folks want to find us we can facilitate that by supporting all forms of message distributions either be at books PSAS videos or just by playing doing what we do and reaching out we and a are the best people on the planet to deal with these issues because most if not all of us have undergone and overcome them I believe there are two that we I believe we need to take two notions to carry with us 1st is it's a crucial part of our recovery if we want to stay sober he's in the 12 steps we must be willing to carry it carry them to the most solid spot on earth 2nd is compassion you must be willing to meet people as they are where they are being in a village at a home or under the bridge folks from area 79 BC UConn say these are about removing the barriers to serve these people to close Linda B from area 34 Western Michigan says I learned it doesn't matter where or how we do the work of a it just matters that we do it thank you so presenter #4 is Lisa and what does welcoming mean in 2026 safety inclusion are our primary purpose my name is

Lisa and I'm an alcoholic I currently serve area 72 as the area alternate chairperson I love my Area, and I love our entire Pacific Region, thank you, thank you for inviting me to be part of this panel and to share on the topic what does welcoming mean in 2026 safety inclusion and our primary purpose don't show up he was talking about English speaking and Spanish speaking members learning let me start with the story early in my sobriety I remember having a particularly rough day and knew I needed a meeting I arrived just as one was starting and took a seat at the back of the room I looked down at my hands and feet, and I listened after about 10 minutes I realized that I was only hearing male voices so I raised my head and looked around, and I didn't see another woman I leaned over to the man next to me and asked him is this a men's meeting he said yes I was so embarrassed I started to stand up to leave and he gently put his hand on my forearm and said very kindly stay there was so much warmth in that moment no awkwardness no correction just simple kindness I stayed I listened I didn't drink that day that experience has always stayed with me as a very clear example of welcoming I felt safe enough to remain included enough to belong and able to receive what I needed from that meeting welcoming for me is warmth in action I've learned that inclusion is rarely accidental when I served as our area language chair a Hispanic member once told me if you show up to our events we show up to yours if you don't show up we how to show up to each other's events in that simple statement be shaped how I think about inclusion so I started showing up I didn't speak enough Spanish to understand everything but someone bilingual would always sit beside me and quietly interpret it so I could follow along I never felt like an outsider I felt included and honestly I had such a blast at their events also noticed something simple but powerful before meetings began members would greet each other as they arrived often shaking hands one by one it created an immediate sense of connection it felt personal it felt warm and over time I realized how meaningful that small behavior really is shaking someone's hand looking them in the eye acknowledging their presence it's a very direct expression of welcoming warmth now when I attended linguistic district meeting or C Hispanic members at an AA event I often walk over and shake their hands and my hope is simple I want people to feel welcome and to know that I'm glad they're here and that their presence matters I've learned that welcoming can look different for different people which is why I try to welcome others in the way I learn feels welcoming to them welcoming for me is both environmental and relational it can mean having the fluorescent lights turned down speaker volumes lowered and enough space between chairs so that I'm not brushing up shoulder to shoulder with someone else those things directly affect whether I can settle into a meeting and actually hear what's being shared welcoming can also be incredibly simple someone smiling warmly and asking how I'm doing and really meaning it hearing someone say they're glad to see me it's the warmth of another human being extended directly toward me and as someone said in an AA meeting this morning I find the warmth of that power in Alcoholics Anonymous safety makes inclusion possible there are environments and interactions where I become unsettled or over stimulated pretty quickly the lighting the noise group dynamics they sometimes create pretty significant internal stress for me and when something feels off my body quickly reacts and my attention narrows towards trying to understand what is happening around me one way this shows up for me is how I experience meetings I remember a meeting where a member spoke very forcefully about belief in a higher power was the only way forward not just a higher power but his higher power he was using statements about what and how we must believe I found myself tense and distracted wondering how that might land for the newcomer afterward I decided to speak with him and before I did I had to pause and sort through my reactions because I was irritated and I didn't want to approach him from that place it was very aware that how I spoke mattered just as much as what I said so I tried to be intentional I

asked if he would be open to hearing how I experienced his share and when he agreed I shared my concern that newcomers might misunderstand Alcoholics Anonymous if they heard such specific statements about what we must believe and that interaction clarified something important for me about safety in that situation safety meant trying to speak honestly without creating unnecessary harm my understanding of safety has changed over time I used to think about safety mostly in terms of environments and now I think about safety more in terms of how I respond Alcoholics Anonymous doesn't guarantee comfort but it does give me tools I can pause I can inventory I can choose my words carefully I can decide whether to engage or step back for me those moment to moment choices are one of the most practical forms of safety I have my understanding of welcoming safety and inclusion have also been shaped by something I often hear in Alcoholics Anonymous that alcoholism is a disease of loneliness so many of us know what it feels like not to belong to feel Out of place to believe we are not wanted and those experiences are painful and they are incredibly common in the stories that we hear in these rooms which is why welcoming carries so much weight when we recover and begin to change how we relate to others we have opportunities to help create something many of us desperately needed a sense of safety connection and belonging for me welcoming safety and inclusion converge at our primary purpose we are here to help the alcoholic who still suffers thank you. Presenter 5 is Tara L sponsorship in 2026 are we still carrying the message one-on-one good afternoon my name is Tara and I'm a recovered alcoholic I want to thank area 17 for hosting this amazing event and it's an honor to serve Alcoholics Anonymous in any capacity and an honor to be here standing for 69 this year at Plaza we don't have a service position I was not the first one picked I had very little time to do this and I've never read from the podium so we're going to give it the best shot we got I love your confidence in me OK so as I contemplated this topic very shortly I came to believe that the greatest risk to sponsorship is not changed the greatest risk to sponsorship is rigidity more always happens more specifically the risk is what happens when sponsorship quietly begins to absorb responsibilities it was never designed to carry and then we mistake that overreach for commitment to program unfortunately I hear a lot of dividing language and Alcoholics Anonymous US versus them Alcoholics versus normies I hear the idea that one alcoholic working with another alcoholic is what works and that anything outside that narrative is unnecessary or even harmful because they don't understand I want to be very careful here because lived experience matters it mattered to me and it still matters to me there was a time when I simply was not willing to listen to someone who hadn't lived this who always understood alcoholism from outside or read a book and some college class somewhere identification was not optional for me it was absolutely the doorway to recovery but that wasn't the whole story and it never has been our book our own book in history points towards something broader and more accurate and honest and Bob asked me not to give a history lesson so I'm not just bear with me for a minute it names the psychologist Carl young whose theories are fundamentally tied to our 12 steps and names William James who is considered the father of American psychology who gave us a framework for surrender and names doctor Silkworth who detox Bill W. in the hospital and proposed the idea of an allergy Alcoholics did not come into existence by rejecting medicine psychology or spiritual inquiry came into existence alongside them I'm not here again to give you a history lesson only to point out that it never has been and especially not now in 2026 just one alcoholic working with another in isolation when I look back at my own recovery it becomes very clear how dangerous that isolation would have been for me there wasn't one person one conversation or one role that carried me through there are many points of contact many moments where someone did exactly what they were meant to do and more and nothing more than that there is the Doctor Who helped me medical stabilize and I couldn't do it on my own there was the structured treatment program that gave me

the basic tools for coping and most importantly directed me to Alcoholics Anonymous even though it's where I want to come back instead of presenting itself as a replacement for it there were people in meetings who shared their experience that eventually helped me to cut through my delusions and kept me coming back long enough till something could change there were the therapists and psychologists who helped me begin to untangle trauma from long before I ever picked up a drink and the mental illnesses that I had been suffering and still do and then there was my sponsor she was very clear from the beginning that this work will absolutely vital was not hers to do it was mine she met me early when I was raw and unsteady and she didn't soften the process or dramatize it she took me through the 1st 3 steps in small group setting and from the very beginning she clearly defined her role as strictly stuck to it she did not position herself as my emotional anchor my authority or my solution to anything she positioned herself as someone who had walked a path and was willing to show me how to walk it that clarity was everything for me I realized looking back at that point in my recovery had been missing the reality and the beauty of the forest because I've been overly focused of some of the ugliness of the trees I'd taken something essential like one-on-one sponsorship narrowed it down so much that I can no longer reflect the reality of how recovery actually happens sponsorship works best when it stays grounded in its original purpose and my sponsor modeled that consistently she's very explicit that she's not a therapist not a doctor and not a higher power she was extremely clear that if I needed one I would seek it out promptly and without regret her role was to take me through the steps of Alcoholics Anonymous exactly as they are laid out in the big book so I could have my own spiritual awakening she reminded me again and again that my dependence is not on her but on a power greater than itself and it was through the steps that it would allow me access to this power she gave me my opinion on what I should do about anything she's just simply show me how to apply the program to it when the time came to share my inventory she explained something fundamentally that changed how I understood sponsorship and all the scary stories I'd heard and her ever matter of fact tone she told me it didn't matter I worded it I was so offended I wanted this woman here and she's like man I'm just here but you can read it to other people too there it's not that big of a deal because everything's a big deal and what mattered was my willingness to speak it out loud and honestly and openly the person listening is not the cure or the answer they were simply present and connected because I've got that going the distinction kept the focus where it belonged and prevented me from attaching my recovery to any one person she also made it clear that I would need more than one person in my life moving forward I would need multiple people to practice the steps and accountability with I would need community I would need fellowship I would need support that shifted and evolved over time no single person sponsor or otherwise was meant to carry that responsibility alone or forever that is not a flaw in our program that is a safeguard that is where the question of sponsorship 2026 really lives for me one-on-one sponsorship is it essential it is irreplaceable that it is irreplaceable there is nothing that can substitute truly being seen by a sufferer of alcoholism for being understood without needing to explain and for being guided through the steps by someone who has actually done them and actually lives them but sponsorship was never designed to be the only pillar of that arch we are building walkthrough is free people is never meant to be solely to hold someone up and when we ask it to be we put pressure on relationships that were never built to sustain that kind of weight or pressure people are coming into the rooms today speaking the language of treatment trauma and mental illness that does not threaten Alcoholics Anonymous or take away from the healing power

of 1 alcoholic speaking to another it reflects the world we live in and our tenacity to keep seeking spiritual growth open mindedness and willingness in my opinion what is really being asked of us not to reject that language but to stay clear about what our role is within it that clarity is what I try to model as a sponsor today I haven't deviated from what was given to me I my role is simple and it is intentionally limited I take people through the steps of Alcoholics Anonymous as they are laid out do not attempt to fill roles that don't belong to me I'm not a doctor I'm not a higher power and although I've gone back to school to become a therapist I'm not yours my aim is to be useful and there are many ways to be useful without trying to be someone's everything and like your book points out I'm not that alpha or the Omega and I'm going to do things OK so if we can do the stuff I skipped I believe the message will continue to reach not only the still suffering alcoholic but also the still sober alcoholic going to Alcoholics Anonymous future May God bless you and keep you.

Please line up and you will be selected one at a time I would like to remind everyone of the two-minute limit and a 4 minute limit for those requiring interpretation the clock starts after you introduce yourself please do not come to the microphone for a second time until someone else in line has had a chance to share please keep your comments to the topic of this panel we invite Spanish speakers to come to the mic volunteer interpreters are available invitamos allows hispanohablantes avenir al microfono antras voluntarios disponible people using OK and hi I'm silver I am a recovered alcoholic um I wanted to comment on the presentation about mental health and a I was a I was a PICC last year which is a public information and cooperation with professionals and I asked by therapist about recommending people to a and she's told me and this made me almost cry she said a lot of her peers other therapists are not recommending that their people go to a because AA members are telling them to stop taking their medications that is stunning they're telling them to stop taking their medication so please spread the word that that is not our role and it never was and it's in the big book very clearly thank you alright I believe our next is back there hi my name is sandy and I'm alcoholic and I'm also referring to the mental health issue thank you for your presentation and it I had this experience where I shared open mic about a mental health issue that I had experienced from being new to AT and I and out of nowhere I actually am published in this month's issue of the Grapevine on this specific topic on yes how I was new and I was told to stop taking my medication and I did it for like 40 days and I was really suicidal and you know I told my doctor I have you know my doctor that deals with that and I rent read that pamphlet A and mental health and you know they stressed that you know as long as I'm honest with my doctor and they know what I'm doing I realized that reading that pamphlet that I always knew I had mental health issues and so it was hard for me to become just surrender to the fact that I was alcoholic now being that council I realized that I have two conditions you know most of us don't have just one right and I have to treat them separately and I thank God that I actually went on a Facebook group and was asking people's advice and they were saying that my sponsor is not a doctor and for that I'm just so grateful that there's support out there and also with the PICP yeah I actually share that information with my therapist and she passes along that information so I'm really grateful for it so thank you OK I'm sorry I have one back here hello everyone the colleague my name is Cesar and I'm an alcoholic I'm a past delegate from area 19 and wonderful presentations 4 of you guys you did a good job but my comment is that I know we have our Hispanics folks and that this is the first time that we use in these type of translations and this is just like a suggestion because sometimes it like this I don't want to sound so critical I know

this is something that we're learning and we use it whatever is available for the technology I like that but at the same time I see that some most not most but like a good our amount of participation that translation was not quite you know consistent so my suggestions here's the first panel and so my suggestion would be whoever is doing the technical thing please make sure that this meeting goes don't pay attention to that because it really cuts a lot of the participants and in terms of inclusion I think there's going to be a wonderful experience for them but I'm just worried that there is amazing paragraphs when you guys speak but thank you very much we're going to go up here and then we'll go back to the back to the room thank you my name is Tom I am alcoholic I'm an old DCM of district 25 currently area 72 I'm grateful to do that that is the online district from Western Washington and you know all of your talks very insightful I don't even know what to address so I'm thinking they all kind of add up to me to accessibilities it's in one way or another it's all about trying to break down those barriers that prevent anyone from having access to our lifesaving program and I have been going to online meetings since 1987 when I first got sober I relapsed once and I got sober 92 but who cares it's just my story but what I'm trying to say here is and I've been deeply involved in trying to the stigmas against the message you know people will sit around and listen to Joe and Charlie tapes and that's OK but go to an online meeting that's not really A and there's like corrections where facilities where panels felons who were inside can now go back in they've never passed the background check but they can now go back in on zoom and say hey, "Remember Me" there's sobriety out here and there's so much ways and there's people who are who are mentally ill there's agoraphobics there's people who can't get to meetings there's people in remote communities everything you guys have covered and what I want to say is you know the stigmas between with online a is the problem I think because we don't have to give up anything these are just new avenues we can carry the messages we can have our physical home groups and when we travel we can have our online home groups and anchor that way too and there's just so many new ways and I am excited to be a part of this so that we can you know move forward and into this century and find all these new ways to finally get our numbers up you know they've been stagnant for so long so I love it thank you thank you I'm going to go to the back of the room over here then there and then back up here my name is Doris I'm an alcoholic I have fans that I'm kidding the way that time OK got it I am area 8 DCM for district 15 linguistic district and I loved the presentations but I'm here to speak about the what does welcoming mean in 2026 I love that we have two giant screens with bigger font thank you it is still difficult to see from far in the back um thank you for the word leap fancy AI amazing but it did say that Riley is non-alcoholic trustee yes as well as many other things I mean yay it's amazing I'm assuming it's much cheaper than human interpreters but I'm here to speak about equity we do not have headphones there's not enough headphones and it goes very very fast and um I'm very proud that we have three female alcoholics Hispanic women is very difficult to stay in a more to serve and I'm so proud of three female GSR's that are here today.