

Area 42 2026 PRAASA

Panel 5

He had all his earthly belongings on his back. His hair is bleach blonde he had on makeup and he told us he was a dope fiend we didn't know what to do about the guy I got together with some of the older members and we talked to the man and about him what could we do when no satisfactory group conscience decision was forthcoming Barry did what many and other AA's would have done, he called Bill to whom he described the prospective member after a silence Bill asked Barry to run over the list again Barry did so now said Bill did you say he was a drunk ohh yes Barry replied there's no question about that he's certainly a drunk well I think that's all we can ask said Bill the prospect was invited to attend meetings and although he soon disappeared this presence created a precedent for the third tradition says tradition 5 each group has but one primary purpose to carry its message to the alcoholic who still suffers or as Bill paraphrased it with an old saying Shoemaker stick to thy last from pass it on pages 317 and 318 thank you now I have to find my spot I'm still Rick Lee and I'm from area 8 San Diego yes I was chair of and I last two years and I'm a DCM again OK introduces the presenters for this panel are Nick F. Adriana G. Brian P Manisha G and calling H our timer for this panel is Burt M Bart OK timer reads hello good morning, Aloha my name is Bart I am from district or area 03 my home group is the price is right in Tempe AZ ,come on down, love you more. For this session each of the presenters 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 and loving 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 9:00 seconds and the red light at 2 minutes followed by another 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, thank you.

Our first speaker is Nick F. OK first up on Saturday morning I don't know if I need to put the programs chair in the first column or my gratitude list my sobriety date is 9/30/02 and my Home group is Tuesday at lake Grove a hybrid meeting in Portland OR I currently serve as the chair of Oregon area 58 ohh yeah my name is nick and I'm an alcoholic I got sober at 18 years old which means I've been coming to aid meetings for nearly 1/4 of a century long enough to watch the fellowship change in ways that would have seemed like science fiction to the people who wrote our big book we went from printed direction directories and Rotary phones to websites and apps from coffee cans and dollar bills to Venmo from the meeting is at 8:00 sharp to you're on mute you're still on mute I'm so sorry but you're still on mute and through it all one question has quietly nagged this fellowship our fellowship whispered more than spoken debated more than decided which is online AA really AA and I want to answer that today and my answer is yes not sort of it depends on the meeting yes one fellowship. Yeah but I do need to be honest with you because I didn't always feel that way when my Home group went virtual in March of 2020 like many did with the pandemic I grieved it not I'm not being dramatic I genuinely grieve the folding chairs the coffee the guy who always took the last donut God I hate that guy uh the hugs when I looked at a screen full of little rectangles instead of a room full of people something in me said like this just isn't quite right I worried that the screen let people hide that someone could look like they were working a program without actually doing the work that we were delivering the message but losing the hand

of AA and I suspect I'm not the only one in this room who felt that way but here's what actually happened when we went viral or viral virtual maybe we'll go viral I hope not um I want to tell you about two people who changed how I see this the first person I'm just going to call Belle to keep their anonymity but before the pandemic she was out there suffering when the world shut down and meetings moved online she found us not a meeting down the street us our specific Home group in our specific zoom room she heard the message she got a sponsor who lived thousands of miles away she got involved in service and she recovered I don't know if she would have walked through a physical door but she walked through ours and she wasn't alone because our meeting was online we weren't limited by geography anymore we started connecting with members and groups in California Hawaii and New Jersey people who would have never sat in our room were suddenly sitting in our meeting and the fellowship got bigger not smaller now we knew from experience that one of the hardest things about virtual meetings was the thing that we had lost the meeting before and after the meeting the parking lot conversations the coffee the just hanging around and so we did something about it we started hosting game nights trivia among us reasons to be gathered that weren't just a meeting because we knew that's where a lot of recovery happens was it the same as an old Firehouse on Tuesday night like no but was it a absolutely our literature doesn't leave much room for argument here tradition 3 says the only requirement for AA membership is a desire to stop drinking not a desire to drive to an old church basement not a desire to sit in a folding chair a desire to stop drinking Belle had that desire in full and the only question was whether the hand of AA was ready to meet her where she was now the second person I want to tell you is me about me um after our Home group went hybrid I continued to attend virtually I told myself it was practical I could be home for my kids I could help my wife I could be more rested for work the next day and all of that was true but I was also comfortable a little too comfortable the screen was easier than the room but a is not a program of convenience it's a program of action this went on for about two years my sponsor being the kind of sponsor who asked inconvenient questions eventually started poking at me once the last time you were actually in there like actually in the room I didn't have a great answer so in October I drove to the meeting I walked through the door and that night that specific night because I was physically present and not a rectangle on a screen I was able to carry the message outside the meeting someone was there who needed help in a way that a camera and a microphone couldn't have reached they needed a person in the room sitting next to them that person is sober today working the steps and on the path I don't know what would have happened if I stayed home but I'm just really glad that I didn't This is why I don't think online and in person is competing they serve the same purpose and they reach different people in different moments sometimes the same people need both at different times in their recovery I know because I'm someone whose sobriety is needed both I want to close by talking about something a little closer to the service structure because I think this is where our actions have to match our words in Oregon area 58 we have district 33 it is a fully virtual district no geographic boundaries no buildings just Alcoholics gathering online doing the work through inventories service commitments carrying the message and it raises a fair question why should an area built around geography include a district with no geography at all our service structure was never designed to exclude online groups it was designed before they existed the forms the districts the boundaries all of it was built around addresses that's not a flaw that's just the reality of the structure built for a world that has since changed but a group whose members and three States and two countries shouldn't have to pretend that they

have a zip code to have a seat at the table creating online groups into the structure is going to take real effort and that effort has to come from all of us tradition 3 doesn't say a group has to have a physical address it says that two or three Alcoholics gathering for sobriety can call themselves an AA group if we believe that and I think we have to then the service structure needs to reflect it online members are not guests in our fellowship they are not temporary accommodations we made during a crisis and are now hoping we they might quietly go away they are members full members and the groups and districts they form deserve the same recognition the same voice and the same support that we extend to every other group and district in this room no second class citizens not in recovery and not in service the founders of this program wrote in a vision for you with 1939 when crossing the country meant days on a train someday we hope that every alcoholic who journeys will find a fellowship of Alcoholics Anonymous at his destination they were imagining trains we have zoom technology has changed but the promise didn't the doors look different the room is the same my name is nick and I'm an alcoholic thank you for letting me be a service thank you nick thank you I'll just stay here oh I forgot to mention my sobriety date is December 30th 1977 and I was I was in GS R&D SDCM in the early 80s cell phones computers yeah 2020 was a different time.

Our next speaker is Andriana G .young people sorry good OK good morning, Pacific region of Alcoholics Anonymous my name is Adriana and I'm an alcoholic. I currently serve as area treasurer for panel 75 Hawaii area 17, and being up here is much easier than being in front of my area presenting my treasurer's report if you know you know it's an honor and a privilege to be up here this morning speaking on the topic young people in a are we making room at the table when I look around my Home group which is labeled a young people's meeting Bad Brains we meet on Wednesday um I don't actually see many young people when I look around at area assemblies and committee meetings I don't see them there either I came into a when I was younger I was in my mid 20s my first Home group was a 6:30 AM meeting a spiritual awakening was full of long timers and lots of elder members young people were not represented in this group I didn't see myself in these people I didn't hear my story in them but I felt the language of the heart and I was desperate I was looking for relief and I found it in that room and I found it in the literature so I stayed I was told by these elder members to get into service come to group conscience it's on the 1st Saturday of every month after the meeting they did not say it was 2 hours they did not mention that um but I went and I was there and you know I took a service position coffee maker at 6:30 AM on Monday morning I was it was very challenging at 10 months sober I was elected as alternate GSR of this group of this long time or group and one month into my commitment I became the active GSR as we so commonly do my first responsibility as active GSR at 10 PRAASA it was being held in Irvine CA shout out to area 9 Yep my first process experience was it was really special no one asked me if I wanted to do it no one said do you want to be GSR like no one said Are you ready to be a GSR and then no one said you need to go through their traditions first in order to be the GSR there was none of that looking back at my experience I realized I was very much shoved to the table a chair was pulled out for me and someone said sit here there was room for me at that table there was room for me at that meeting and there was room for me at general service when I look around the rooms today at the different tables that I sit at you know my Home group not very many young people the assemblies the committee meetings not very many young people at those tables so I find myself asking different questions do young people know where to find a do they know that a solution exists for them how can they find the table of a if they don't know where to go do young members who are in a know where to find general service why is it not are we inviting them to the general

service table a few months ago a 16 year old walked into my Home group she was brought by her mom her mom had some familiarity with Alcoholics Anonymous the 16 year old didn't hear about a from a school counselor she didn't hear about a from a peer it wasn't standing committee work that brought her to the rooms of Alcoholics Anonymous it was apparent who knew at Hickey palm last year 2025 the Hawaiian island conference of young people in a I saw some younger people but I didn't see young people the host committee was made-up of mostly people in their 30s some in their 40s a few in their 20s but certainly none in their teens to put it plainly and simply there is a gap and I see that gap I see it everywhere it's literally happening right now in real time just outside of those doors right outside there is a table it is labeled Hickey paw there is so much room at that table there's so much rooms you know why because no one is sitting there is not there's no one sitting there nobody I had to go through multiple people to find out who was the point of contact for this table nobody there the people I asked they didn't seem to know short answer there is no contact for that table it's just a perfect example of what we're talking about right now is there room at the table there's a whole table out there with lots of room it is ready it is waiting for the young people you know but do our young people know where to find it better yet have they been invited so why is this happening why do we have such a gap is it because we don't currently have a standing committee that serves and cooperates with the young community Is it because public information isn't reaching young people is it because cooperation with the professional community doesn't always include schools or is it because we've gotten really good at serving some populations and have unintentionally left others out I'm not here to offer any solutions or answer these questions I'm just here to bring awareness and I think the questions are worth asking they're worth asking me I think it's worth asking you guys maybe you can ask your areas my area ohh no so the final question which is my topic young people in AA are we making room at the table the answer is yes there's always room at the table in Alcoholics Anonymous for anyone anywhere but making room at the table isn't just about having an empty chair it's about making sure people know that they're invited and showing them where to sit thank you for letting me be of service thank you thank you ohh now I'm in trouble YACCPA 83 San Diego program chair thanks Paul yeah moving right along ohh yeah now where are we I don't know uh I need an adult ohh look at that OK presenter 3 Brian thank you hello family my name is Brian P and I'm a grateful alcoholic my Home group is the bridge to hope international Chinese and English a group and I serve as the chairperson for area 5 Southern California OK thank you it's so good to have you guys with me thank you so much I also serve as an appointed committee member for the trustees literature committee with the assignment of leaving leading a working group to assist in the development of the new pamphlet a for the Asian and Asian American alcoholic all right I want to express my sincere gratitude the area 17 and to the entire project committee for inviting me to speak on the topic A and the Asian slash Pacific communities breaking through stigma and silence I think this topic is attempting to address the fact that Asians and Pacific Islanders are greatly underrepresented in our fellowship according to the latest Canadian US censuses make up roughly 19% of the Canadian population and 7% of the US population yet our latest a membership survey showed that Asian and Pacific Islanders together only accounted for 1.5% of AA members in the US and Canada I think this topic also suggests that there might be some cultural factors at play such as a higher level of stigma associated with alcoholism this increased stigma might then lead to more silence about alcoholism and thus lead to fewer of us reaching the rooms of AA1 aspect of this topic I want to address is how broad the term Asian Pacific communities is in terms

of the extremely large and diverse group of people that is meant to represent it includes over 60 countries from South Korea to Bangladesh to the Solomon Islands and all around let's consider the various histories of all these countries for a moment many were colonized or occupied by other imperialistic countries from within the region and from abroad there have been many conflicts between countries civil wars different regimes the systems of government altogether many different circumstances in which Asians and Pacific Islanders have lived all of these factors have shaped each culture and the people within them in many different ways there are also the different religious beliefs which are prevalent in different parts of Asia and the Pacific including Buddhism Hinduism Islam and Christianity I can tell you that to my parents being Christian and acting accordingly is much more important to them than being Chinese and when we talk about immigrants from these places there are huge differences in the circumstances of their migrations where they brought here exploitatively for labor in the days of railroads and sugar cane plantations were they here when extremely racist laws and bans were in place did they come later when immigration was open only to skilled professionals or were they wealthy individuals that were allowed more recently to come here by making investments or did they come here as refugees during wars and conflicts abroad or are they native Hawaiians and indigenous to the US never having immigrated at all there are also huge differences between first generation or foreign born immigrants and their descendants who are second third and 4th generation or more there are so many other factors too that go into what each Asian or Pacific Islander is like and shape our values beliefs and personalities there are the places where we currently reside or things like gender age or sexuality lived experiences like being in the military or living with a disability and so many other factors I bring all this up because there is so much more that makes us individuals in this group rather than monolithic to be reductive and generalized issues across a group of people with such vast differences would be a mistake fortunately we don't do this in a instead we approach each person as an individual allow for all our differences and focus on the commonalities we have as Alcoholics can we tell our stories when we tell our AA stories in order to carry the message we don't try to take on big issues or adjust our story for broad appeal we just tell the truth about ourselves and allow our story thank you so much allow our story to reach whoever it reach whoever it reaches it's the collective power of all of us each sharing our own stories that allows A to reach anyone anywhere so if we want to help people in Asian and Pacific communities breakthrough any barriers such as stigma and silence we just need to carry the message each of us making the effort to reach out to them learn who they are as individuals and give them access to ourselves our truths and our love one way we are doing this as a fellowship that I'm very excited about is by developing a new pamphlet for Asian Alcoholics we are in the process of collecting stories for this pamphlet and I hope we will produce a pamphlet that reflects our cultural richness and diversity yet still shows that all Alcoholics are the same somewhere deep inside I hope that when it's finished it can help suffering agent Alcoholics find this and see that they belong here I hope they can that it can help all of us be more conscious of our Asian fellows and that it can help sponsors and friends of A to the deadlines story for story submissions is March 31st another thing we need to do if we want to help Asian and Pacific Islander Alcoholics is to recognize that many have experienced racism and some have family backgrounds that involve ancestors receiving an incredibly cruel treatment and being subjected to harsh and unfair policies people have told me stories about racism they've experienced in the rooms of A and I've even experienced some instances myself some AA members have denied these stories saying there's no racism in a we're

always inclusive and never exclusive or statements to that effect I love a I love our fellowship everything I've experienced here has led me to trust our intention to help each other and those around us to be sincere and in good faith it's not about intention though it's about effects and what our actions can trigger this is a very tricky subject and it's another place where each affected person needs to be considered individually there are huge differences in what we have experienced or the coping mechanisms we've developed consciously or unconsciously as a reaction to these experiences some of us are very wary some are angry with deep rooted resentments some don't feel affected at all and make self-deprecating jokes based on their own race and associated stereotypes and tropes all of this is not unique to Asians and Pacific Islanders by the way any groups of people who have experienced discrimination who have been subjected to hate who have been deeply misunderstood and who might carry traumas from this sometimes intergenerationally deal with these issues there's no secret or trick to navigating what might seem to be a minefield my advice is to proceed without fear letting love in your heart lead if you find yourself being told that you've offended or if you sense that something might have happened check in with the person and ask if they're okay be kind and generous apologize if you need to be patient and open to hearing about their experience be OK if they want to leave or if they don't want to explain themselves to you be humble and learn be loving and be kind and OK with yourself as well the worst thing we can do is be scared and to not engage in interactions with people who need our help I want to close by telling you an amazing story about a young man named Ding bell who came to my Home group a few years ago he started attending our meetings and he could only speak and understand Chinese he was very enthusiastic from the start he was often seen smiling at our meetings and he volunteered to do readings and he took commitments several months later he finally told us his story he was struggling with a drinking problem and was ordered to attend AA meetings by the courts he started attending some meetings in Seattle but cannot understand what people were saying he could see that something good was happening there though and one of the meetings along timer approached him and used a translation app to communicate with him dingbat said this number would sit with him at meetings and translate a sayings and phrases for him these warm and kind acts were enough to help him get and stay sober one day others in the group found out about our meeting which was conducted in Mandarin and English and shared the information with him when he finally found us he was overjoyed you don't need to be Asian or Pacific or Pacific Islander to carry the message to an Asian or Pacific Islander alcoholic remember it's our alcoholism and our solution that binds us if you encounter someone you have a communication treated with know that just the attempt to reach out as an act of love and service that can count for something know that AA meetings and other languages from across the world are now available online and recovery meetings exclusive to black indigenous and people of color are available too for those who need them sometimes that's a stepping stone to get to a mahalo again to the process to process for the opportunity to speak on this topic and thank you all for your loving attention.

OK now I have to find #4 is that what we're doing yes now real quick in Spanish 99 days Punto cinco radios are Espanol and ohh there she is oh I don't know I think I'm going to do this as well today I think it's a woman thing maybe OK anyway yes I wasn't expecting so many people at 8:00 PM but here we are OK anyway um the topic is gender and identity and a are all members finding at home my name is Manisha and I am ohh and I'm an alcoholic currently I serve as an appointed committee member on the trustees literature committee and I'm grateful to Bob and the proper committee for the opportunity to present on this morning panel when I first ohh when I first walked

into a I walked in with that feeling many of us know is there a seat for me here do I feel at home I have always felt different and yes I am indeed different look at me but what really fueled my alcoholism it wasn't a difference it was a profound sense of separation and even after I got sober I was afraid to bring all of myself to the rooms regarding the topic gender and identity are all members finding their home I'm not hearing this as a debate or something that has a yes or no answer I'm hearing this as an inventory question the AA group pamphlet talks about a Home group becoming an extended family and where once isolated by our drinking we find a solid continuing support system so the question becomes are we truly creating that kind of a spiritual container for everyone do our differences become the vital threads that we've a greater more united whole or do they become reasons to separate ourselves and exclude others we are people who would normally not mix especially not at 8:00 AM yet here we are a fellowship of people and a fellowship of the spirit but where does this promise get tested for gender diverse people a gender diverse it's I mean transgender and non binary gender queer 2 spirit mahu it's a wide spectrum of all gender expressions in service we talk about reaching remote communities but sometimes a community is remote because the barriers are not physical but emotional or social are we unintentionally making our message even more remote for those who already feel a might not be there for them unity does not require conformity it requires a shared commitment to our common welfare it tells us that there is no us in a because if there's enough there must be in them there is no them or us in a there is only we but where does this promise of we get tested where does a member's gender identity stop being an outside issue and become a reality they experience very much inside a usually it is the small everyday moments that make a difference it is assumptions in how we greet people it is an exclusive men and women tone from the podium it's what happens when somebody is misgendered it's also about accessibility and bathrooms perhaps some of the direct experiences of her gender diverse members can shed some light on this in the August 2023 Grapevine our member rights this is the member from the community the first couple of years in a were difficult even in Brooklyn a I was chased out of bathrooms and shunned at some meetings people didn't talk to me some members have shared that they couldn't get people to save their real name and pronouns and they had to change themselves to fit in to A1 member shared that their men's group by conscience decided that trans man transgender men could attend their meeting only if they could pass as male sometimes sponsorship customs can be confusing to someone who is outside the binary one member shared I heard men's stick with men and women with women I felt I had to lie for the fear they wouldn't sponsor me or if I shared my truth they would think I'm coming on to them and sometimes we tell newcomers don't make any major life changes in your first year funny considering putting down a drink is the biggest change most of us made in our first year hopefully but many of us drank to escape the pain of living a life sober we have no choice but to live authentically for a newcomer embracing their true gender identity isn't a major life change to avoid it may be the life standing honesty this program demands but none of this is unsurmountable for a newcomer who already feels different these moments can decide whether they come back So what can we do to restore trust and hope so more people can find a home in a for me a big part of this was watching how trusted servants speak listen and make room when discussing hard topics I'm going to share a little bit about my story at four years sober I was active in district service showing up to assemblies like this yet my soul was hurting because I was hiding and not living in my true gender and then sitting in those assemblies I began to hear discussions about the proposed pamphlet for the transgender alcoholic for over three years I sat and watched trusted servants walk up to the microphone I witnessed this topic handled with humility no heat no othering just spiritual purpose I watch people practice grace and patience or

on something that was deeply and secretly personal to me you weren't debating you were building a spiritual container it was the safety of that container that finally gave me the courage to come to terms with my own gender identity and begging my begin living my life authentically you gave me belonging through language process and atone that said you have a place here you are part of the week so you never know who is listening to your area discussions waiting to see if it is safe to be themselves we don't and we don't need everyone to understand everything but we need everyone to help make room if someone is misgendered it does not require a massive debate we can correct each other lovingly without shaming good intentions can sometimes mean clumsy language but we must choose belonging over misunderstanding this is also why my current service assignment feels tied to this topic as chair of the working group for the development of the transgender pamphlet we have been holding writing workshops to encourage gender diverse members to submit stories and I all encourage you to please in your areas to encourage people who are gender diverse to submit their stories by March 31st but I want to share one thing that one member said in one of her workshops that really stayed with me the member said the participant said I am so used to rejection that it would be hard to be vulnerable in my story and have it be rejected by a for publication that hit me because it was not really about writing it was about belonging it was the fear that even a it might not be safe enough to hold them and hold the truth it was the fear that they cannot bring all of themselves to a so that brings us right to our discussion initial question are we creating a spiritual container that is big enough where people bring all of themselves to their room in the realm of our spirit brother is is our realm of spirit broad and roomy to include all genders a is not perfect but can we all find wholesomeness in our shared brokenness thank you thank you OK I'm still rich and while I'm scrolling to find yes our next bigger don't forget the San Diego roundups coming up next month ohh sorry Heather told me to say that whoa Aloha here in Hawaii that means a lot of happy Alcoholics ohh I want to thank Deborah and Sean are delegate and alternate delegate Bob and Gina are program chair and Co-chair the entire process committee and I want you to really know who's running this show there's three gals in the room there are you never know it it's Francesca Aaron and tea and they keep this thing running smooth my name's Colin I'm alcoholic I serve as district 11 treasurer on the island of Maui here in area 17 what a privilege it is to have this opportunity to come and talk story with you my topic which is pertinent to me is seniors and sobriety are we meeting the needs of our aging fellowship right off the bat I'll throw you some math I'm 68 years old uh sobriety date is April 7th of 2001 all of that on Maui I've been on Maui for 41 years so Hawaii area is my honor and I've done this is number 13 process for me and process to me is about bringing awareness to the fellowship about these topics inhabitant this would be a great panel here and all the panels yesterday were just fabulous and there's no one individual in this room that can handle all that information so this awareness ideally sparks us to find our passion so we can be of service you know the common ground the theme is love and service that's our common ground in this room how do I find that within itself it's the peace of God in you that touches the peace of God in me and allows me to get vulnerable find some humility then I can be of service otherwise I'm self-serving and I get into the box with my old ideas ideally we're all getting older we that we age with grace and dignity right I don't want to be one of those curmudgeons in the back of the room so I'm going to read something off of daily reflections yesterday which is really pertinent where does a get its direction these practical folk then read tradition 2 and learn that the sole authority in a is a loving God as he may express himself in the group conscience the elder statesman is the one who sees the wisdom of the group's decision who holds no resentment over his reduced status whose judgment fortified by

considerable experience is sound and who is willing to sit quietly on the sidelines patiently awaiting the developments of the group conscience so we've all been in Group consciences where someone is professing they know everything and they're letting you know with the loud voice what that really is that's just a loud voice so this topic leads me into the first thing it asks is accessibility for the older senior alcoholic accessibility So what I do when I got this topic I reached out to members in the fellowship who are seniors some with a lot of time some newly sober try not everybody just because we're old is has a lot of time we though as older we're all aging we have issues some of us have health issues some of us have lost a partner a spouse in our recent days and you know life is life I got a bunch of chicken scratches here so in reaching with in in speaking with my fellowship and Claire and I just got back from three weeks in the trucking fellowship there were a part of I had the opportunity to ask the question are we meeting the needs your needs as a senior citizen in Alcoholics anonymous and they all got back to me eventually and they got back to me when they remembered they are you know what the common thing was I can't hear I said wait a minute sit closer but no truly I had a lot of people expressing as we're getting older we start losing our hearing our vision our hair our looks um but we still have dignity and grace and sober members of Alcoholics Anonymous the beautiful thing though there's been a lot of talk about you know the advent of online meetings and a lot of them then got back to me and said they find it really practical to be in an online meeting its they don't have to drive anywhere a lot of our meetings here in Hawaii are in the parks it's some of those parks require a long walk it's windy you know the weather's changing and they find it uncomfortable and me personally my first home grew up was in a park um and as I got going in my sobriety I found a really nice just to sit amongst my people and look at the clouds it was a spiritual experience you know been here a long time after a while we've seen it all we've heard it all right it comes repetition but the thing about being with others it ignites and inspires me in my spiritual path Alcoholics Anonymous the fellowship of the spirit that's what we're here we are engaging with each other to inspire each other and we're all seeking spiritual guidance and then we take that and we go where allows us to be of service you know there's so many different service positions bill Wilson would be thrilled if he was in this room right now with what's taking place with the general service structure and across North America not just here um let me look here ohh so I'm going to tell you a couple stories so we do a workshop on Maui it's a 16 week 12 step workshop and we get people from all this is not just a bit NASCAR OA it's a 12 step workshop and in saying that we get people of all ages very diversified the beautiful thing is we get questions a lot and I this gentleman named pat he was he got silver at 87 years old and he told me he had a 45 year resentment with somebody he could never ever get over this resentment right and this was gonna eat him alive and I simply said to him you'll find it within yourself to make an amends and he the day came where he came to me and he said I made that amends and my life is I feel like a teenager and he was 88 years old at the time my times coming up boy that goes fast I can't buy any more time our responsibility pledge the hand of a will always be there so I'm going to read you some very profound words now if you feel that you can't go on because all your hope is gone and your life is filled with much confusion until happiness is just an illusion and your world around is crumbling down reach out so if you're senior citizen and you have issues don't isolate you need to reach out so the fellowship knows how we can be of help we can't assume what you need knowing that you know we need to be aware and pay attention but don't make assumptions ohh OK now I'm scrolling cause these guys aren't using the computer to do that I don't know where I am ohh yeah uh as being young people old people and 82 I was young people chair saying English spring roundup and then I hope to be at age 75 helping with the

regional forum right Monte And maybe even 29 PRAASA in San Diego right Roxanne yeah and I have no idea where I'm supposed to be but I think so I'll just keep talking I'm good you guys just scroll through 22 ohh that's 10:30 this is that's you've gone way too far ohh yeah you're gonna have to speak up really loud that I can do that I can do OK that's good after the last presentation I will read the following the floor is now open for sharing on presentations there are 4 microphones out there please line up and you will be selected one at a time I would like to remind everyone that the two-minute limit and four minute limit for those ohh yes of course uh requiring interpretation the clock starts after you introduce yourself please do not come to the microphone for a second time until everyone 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 and I'm supposed to read that in Spanish but I can't yes and also please make sure you speak closely into the mic alright and boy how about over there right here you yes please Sir check hi Tom alcoholic I am the lucky enough to be the alt DCM the online district 25 from area 72 Western Washington and I've been actually going to online meetings since 1987 it's been on many different platforms uh I could name lots of names but it's also today even on more platforms than zoom it's just when the pandemic started you guys all found out about it because you had to but we've been doing it for a long time and the it's always been an accessibility thing with me I'm an infrastructure guy I'm a programmer I do I aware of many hats and I really love what you all had to say about that and how we have to connect that and use every Ave. possible to try to reach Alcoholics and especially the ones who can't get to physical meanings for whatever reason why would we ever exclude them or treat them as second class citizens when we can all sit around listening to speaker tapes and that's no problem but all of a sudden if you happen we all have phones in our pockets but if you actually use them to go to a live meeting where everybody's equal in their own square it's somehow not a anymore and it doesn't make sense to me because I've been sponsoring people since the early 90s and online that I've met because I've been lucky enough to travel doing something that I do artistically and I'll meet people once or sometimes not at all and you know when we've never found any barriers and I don't know where it says in the big book you have to be in the same room in order to carry the message the message is carried when the message is carried when one Alcoholics talking to another and the last thing I'd like to say real quick the long form and the third tradition says that and membership bought never depend on money or conformity as soon as we place even one extra condition on membership even by proxy um we're not equal it's all about alcoholism it's all about inclusion and love and love thank you thank you go ahead well I guess you're next yay I'm Aaron I'm an alcoholic I am a GSR for an online meeting in Kiev Ukraine and that is so exciting it is so exciting I would say nick you did a fabulous job on this topic thank you so much for what you brought to the table to inform all of us and help with the fellowship to be really educated on this topic I love it I'm very passionate about this online thing it's so exciting my first four years of sobriety was not in the meetings I didn't go to meetings for the first four years of sobriety because I was too scared I was terrified I didn't understand what this fellowship thing meant I I did the steps I did the you know I did I did the program in my life the way we're supposed to practice it you know practice all it all of our affairs and no times of the steps telling me to go to a meeting but it wasn't until I started going to my spiritual awakening Home group that's based out of Kiev Ukraine did my life start to change for real I've dove into being a service I've dove into being an in person meetings and all of these things but it didn't open up my eyes and the and the amount of vulnerability that I can to be with others when we got to

have people from around the world we were just talking about last night cause the meeting was last night at 10:00 and Michael who's our secretary who's in Kiev even commented on how we have somebody from Japan we had somebody from Australia we have somebody from the UK we had I mean from around the world he's like we truly are from around the world and it it just it makes my heart letter thinking about it and how beautiful this fellowship is and how much we get to have our common singleness of purpose and that we're there for each other and to be sober together no matter where we're at and we get to be examples of this and we are currently being able to move that into the future especially with the topic about the young people that's where they're at right they're online they could understand that and they could be a part of it and that's where we need to be as well and I love that thank you so much thank you I didn't bring my binoculars but OK back there this one hello OK good morning everyone my name is Christine I am an alcoholic I'm from area 07 and uh the appointed accessibility chair and I'm super excited I got up at 6:00 in the morning to come make this panel this morning because it's definitely our related with just about almost every single one of them on a personal level and not on a service level I just want to say about the young people's that in California waipahu is alive and well at our table I want to say that our delegates started out at saki our chairs started out at saki paw I think if I'm getting the story correct saki saki and we have DCM's that are from various ekipa are mean various wypall conferences I myself I was old 45 when I got sober and that's old and waipahu standards and in at 46 or so I was sitting on acupad host committee I don't remember the Roman numerals because I'm almost a senior now but it was 2014 and I sat as UM sorry if I'm talking about I'm nervous the GSR liaison and that is how I got my start and where I am today and I am ever so grateful for that that's why Paul made room at the table for me as an older person I was encouraged to stand for a position and to come to the elections and be part of the host committee so I'm super grateful for that and then later on I served on iPads 62 in San Francisco and that started my general service tour again so I traded in Hwypaa conferences for general service assemblies and being involved with the area so I'm super grateful for that and come to California we're alive and well over there thank you thank you OK I'm supposed to remind us that we are going to end it at 12 minutes and we're only going to be able to hear about from the next person at each microphone so all right my name is Tom I'm not alcoholic had the privilege of serving as delegate panel 70 for the California northern interior area 7 I want to thank the panel and another great round of panelists and nick in particular touched upon some things that I found really close to my heart is these online meetings you know this this whole COVID thing put us into a new situation and when we needed it we found a way to meet and then then then everything everybody got back together and all of a sudden these online meetings were the outcasts you know and in my Home group we have online meetings we don't do it hybrid because we don't have the Wi-Fi but I attend those meetings and I've met and sponsored men who have never been to an online or an in person meeting you know but there are people that got sober and did eventually get into the rooms and I think it's important that we keep those doors open if I if these online meetings were available when I first got sober I would have been the guy black screened somebody else's name half-awake just listening not sharing to hear what it was like that would have been my step through that door because walking through the door was too much it took me several attempts to get to the door waiting outside looking but I could have got in and looked but what that I have heard you know we can say that these online meetings are not a what are we bringing to those meetings so that that alcoholic with the black screen can associate we need to be a part of that we need to be a part of that the solution for that person who's there for the very first time and get them into the doors maybe they

will come to an online meeting maybe they'll just you know walk into a door one day or whatever it is but we need to encourage that participation for those that that need to get to that meeting in

some fashion and hopefully it's an online if that works for them thank you hello I'm Joe I'm not alcoholic and I'm from Eureka CA thanks everyone for all your presentations and I was six years sober before I came out as gay and was back in Ireland for about 8 months and I was really nervous that I was going to drink and I came out otherwise you know I knew I would die and when I come out mostly everyone was supportive but one person said ohh I wouldn't brush the floor with you like you know you're a rag or something and I guess the message I have is we have to be really careful we have a lot of ideas and opinions most of it based on fear we have to be careful what we say it impacts people tremendously and we could result in people dying so pay attention thanks.

Thank you hi my name is McKenna and I'm an alcoholic this Friday of August 14th of 2020 I am the area 9 district 18 secretary my Home group is the wild bunch of Irvine we have 5 meetings throughout Orange County because we have gotten kicked out of multiple churches in Irvine and so as I'm sure you can tell I'm like very passionate about um young people I got sober at 20 I'll qualify for a second I got sober at 22 we have about 100 members of our Home group 60 plus that are under the age of 28 you know and most of whom are under the age of 25 multiple of my sponsees men and women are also under the age of 25 um and I've heard a lot of really awesome things tonight on this panel ohh and another thing we also have multiple members of our Home group who are queer LGBTQ non binary and trans and so we have a very like president like we are I feel what is happening in society as a whole we are seeing really active in our Home group and I've heard some really awesome things tonight on this panel thank you guys for all of your you know your ideas and then also for the panel yes yesterday on CPC and Pi I think I learned some awesome things about that as well um but I do I've heard a lot today do and yesterday do people know where to find a with professionals and with young people and I do think there's stuff that we can do maybe in CPC but I would like to offer maybe an alternative an alternative perspective that can sit equally with increased CPC efforts with the access to the Internet do people know where to find a I think the answer is yes um but I do believe that some people are not liking what they've found umm there is a lot of access to the Internet with like what's been going on and I think that over the last few years and so I have some questions which might be a little uncomfortable but which I've heard from some of my young people I thank you very much sorry people we're out of time we do some announcements real quick Aloha I'm sorry you got to keep things on schedule remember on Sunday there's a what's on your mind and we would love to hear from all of you anyway you probably know me by now my name's Bob I am an alcoholic.