

Delegates Corner March/April

Hello Area 78, as I begin this month's newsletter it is the first day of Spring!

I look out my office window and see the first blades of grass trusting the light, emerging from the thawing ground. A ladybug is crawling on the windowsill.

Spring, a time of reawakening, trusting the light after our winter of introspection. Our spirits yearn to stretch and live! In sobriety, we reawaken each day, moving towards the light. Trusting it. Trusting the process of growth.

A few days ago, another member and I were reflecting on the wonder of the sun rising in the east at the same time as a full moon was setting in the west. Life unfolding as life does, we are fortunate to be able to awaken to observe it, so blessed to be able to see where there is wonder and there is hope.

It has been another really busy month as we all progress towards our Pre-Conference Spring Assembly to be held in Red Deer, April 11-13. All GSR's are encouraged to attend and bring their group's voice! As this is where the Delegate gathers the Area's voice to take to the 75th Conference in New York April 26-May 3.

The Agenda for our Pre-Conference Assembly is linked [here](#) as well as listed under events on our [area78.org](#) website. Though this assembly is not a hybrid event, members are welcome to come listen to the online streaming. The address to sign in is zoom ID: 708 555 5414 passcode area78 and is on the first page.

The Committee Chairs and Table Officers met for 9 hours online, Saturday March 22, to go over all the Proposed Agenda Items (PAI's), and summarize the background material.

I am so proud of our Area Committee Chairs for the love they have for our process shows in the actions they take. This bit of work we all did will assist the Committees you have been assigned to in making your recommendations. Please take some time to look over the background materials prior to attending the Assembly to familiarize yourself with your committee's agenda. You will find all the Agenda Items on our [area78.org](#) website - under Information, Private Downloads. Email eservices@area78.org for the login and password.

New GSR's and DCM's - to know your committee ahead of time so you can discuss those agenda items with your members, please contact Raymond C., our Area Registrar, at grouprecords@area78.org to be assigned a committee. You can share the Agenda Items Summaries &/or the background information with your members for their thoughts and ideas. OR, you can wait until you register at the event to be assigned to a committee. Don't worry if you are new, or don't know much - your Committee Chairs are well prepared to help you understand the background materials that will assist us in making recommendations. Your fresh outlook on things might be exactly what AA needs to hear right now!

Go take a look at the Items we will be discussing - there is some pretty interesting stuff going on as we evolve our ability to help others. We examine what we are doing to carry the message to the still suffering alcoholic as well as to those who try to help us.

We will be discussing our Outfacing pamphlets - are we doing the best we can to inform Professionals, Dr's and Nurses, Lawyers, Judges, and Corrections officers. How effective are we in letting them know we can help them help us. We want them to know we have a solution that really works - we can help where so many others cannot.

Are we accessible enough to the Public at large? What happens when you Google "I need help with my drinking?" Have you seen any public information commercials on TV or heard us mentioned on Radio? Our aa.org website has a ton of information to share to help get our message of recovery out. This is your 7th Tradition contributions in action!

These are just some of the items we look at and if there is a better way, then it is up to us, you and me to suggest better ideas. Participate as we evolve, have a say in the direction you think AA needs to go. It takes all kinds to make this process work. Every voice has a right and a responsibility to participate.

As a group we will discuss, review and recommend as we seek to find God in our Collective Group Conscious. How do we actually find the best for AA? Participate in the process - that is how.

Tradition 9 says we cannot force anyone to do anything they don't want to do in AA - we have no AA police, no punishment, no punitive measures whatsoever! And defiance being one of the outstanding characteristics of the alcoholic, we can see where some members say, "Nope - I'm not taking part in that service stuff - its "those people" who are doing whatever they like to AA." It is important that we understand only one thing here - there is no "those people" - there is only you and me. We, and we say it this way - "I am responsible, when anyone, anywhere, reaches out for help, I want the hand of AA always to be there, and for that I am responsible."

Bill and Bob gave you and me the responsibility to look after this thing. Leadership is about being of service to those positions we serve. So, you tell the leadership what to do. I'll say again - You tell the leadership what to do.

As your Area 78 Delegate I will attend the Pre-Conference Assembly in Red Deer, and you will direct me on the direction you want AA as a whole to go. I am then "delegated" to take your voice to New York to meet with the other 93 Delegates, 22 Trustees and 19 staff members to also discuss and find God in our Collective Group Conscious.

Also in the Pre-Conference Assembly Agenda, you will find three motions regarding group insurance to take to your groups to discuss. You will be given an opportunity to bring that voice to the discussion at the assembly before voting. The motions require a substantial unanimity (2/3) vote in order to pass, and the minority voice is heard.

We will be voting on where to host the upcoming 2026 Area Committee Meetings in May and January, as well as the 2028 Western Canada Regional Forum. Information on these bids will be found as well in the Agenda on our area78.org website.

There are three sharing questions to take to your groups, on Page 8 of the Assembly Agenda. Bring the group's thoughts to the "Sharing Question" session over the weekend. These questions are taken from the theme for our WRAASA that was held in Winnipeg and the theme of the 2025 Conference – "Working Together, Increasing Trust". The discussion will be printed in the Area Assembly Minutes after the event.

A quick reminder - the International Convention is coming up this July 3-6 in Vancouver BC! I am still accepting names to take part in two-hour stints at the Hospitality Room - and will have a sign-up sheet at the Assembly! You get to give and get hugs and mingle with people in a quiet setting! A bit of bling will be available to receive and some postcards to give out to commemorate this special event. Go to aa.org for more information on how to register - a wide variety of housing is still available and an extensive list to check out those suggestions has been painstakingly developed.

I want to take a moment here to thank you all for your love of AA and dedication to service, recovery is a team sport, we are way better than me! Together we can do what none of us can do alone. And as we work together to keep our message clear and strong for those still stumbling around in the dark, we find deep meaning and purpose that strengthens our light individually and collectively. We have a solution that works! Let's grow and share together!

Warm Regards and Loving Service,

Karen O'C

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Public Information Committee / International/Regional Forum Committee

75th GSC Delegate Chair

"Forget me, but go you and do likewise. Add your own link to our chain. With God's help, forge that chain, well and truly." Dr Bob "AA Comes Of Age"