

DELEGATE's Corner

My Last Article in the Newsletter

My name is Cesar and I am a very grateful alcoholic. It has been a high honor and privilege to serve all of you as Area 09's Panel 64 Delegate for 2014 and what is left of 2015. My heart feels full, thankful and excited because (thanks to you) I have had the opportunity to live this spiritual experience, yielded as the result of practicing the Program of A.A., and especially the legacy of Service.

In this last month as your Delegate, I've been meditating and reflecting since that last drink I took, the day I came through the doors of A.A., and when my name got pulled out of the hat to serve as Delegate. This road has been without a doubt, the best thing that has happened in my life. I have met people and gone places that I never even dreamt about. I have visited almost all of the states of the Pacific Region because of PRAASA, Regional and Local Foros, La Viña's Anniversaries, and invitations from other Areas.

I was delighted to represent all of you in carrying the group conscience of Area 09 members to the 2014 and 2015 New York Conferences. There, together with the Delegates from the United States and Canada, and more members of the Conference, we approved proposals and projects that will affect A.A. as a whole – always, with the purpose to reach out to the alcoholic who still suffers from alcoholism.

At least twice, I visited all 24 Area Districts (18 English speaking and 6 Spanish speaking) giving my Conference Report. I visited almost all Intergroup Offices -- 9 English speaking and 9 Spanish speaking.

With great enthusiasm and pleasure, I have traveled the entire geographical range of Area 09 which is part south of the L.A. County, Orange County, Riverside County, and San Bernardino County – 2063 registered groups and total membership of 61,774.

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**AREA 09
UPCOMING EVENTS**

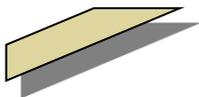
December 13—Sunday
Area Service Committee
Hosted by District 30

December 15— DEADLINE
66th Conference Agenda Items

January 10 – Sunday
AREA ASSEMBLY
Area Chair Elections
Hosted by District 22

February 14—Sunday
Area Service Committee
Hosted by District 6





I want to thank all the RSGs, DCMCs, DCMs, Standing Committee Chairs, for all of your support, and especially the Officers of Area Panel 64, Registrar Jesus O., Treasurer Rozanne P., Secretary Barbara D., Alt. Delegate Joe C., and Chair Person Sharon K. I could have not served like I did without the help and support of these fine individuals.

I know our area has great diversity of persons with different ways of thinking, with ideas and projects. I encourage discussion utilizing methods and mechanisms we have in our Area, arriving at the best informed group conscience, being mindful to discuss responsibly and with respect for one another. If we must disagree, let us do it responsibly and respectfully. Once Area 09 makes a group conscience decision, we must come together, honor, and respect the decision made.

Lastly I wish only the best to our new Panel 66 officers Delegate Joe C., Alt Delegate Jesus O., Chairman Ramon D., Secretary Ed L., Treasurer A/P Diane C., Treasurer A/R Leandro C., and Registrar Ryan B. I have no doubt they will do the best for our area.

I have talked to my Service Sponsor about being ready for rotation as a Delegate. He has done a great job with me and I am thankful for his support.

And yes, **I AM READY!** No longer can I be Delegate for any other area in the United States and Canada. I will continue to attend our area events and support our new Delegate. At the same time, I am ready to go to the highest part of the Triangle which is where the home group is, to serve the coffee!

I know that it will be very hard to pay A.A. back for this debt I have and feel. I will live the rest of my life thankful to General Services for the person it has turned me into.

Again, thank you for my life, my sobriety, and my family, and may God bless all of you.

Service, a Legacy of Love
Cesar F.,

Mid-Southern California Area 09 Panel 64

*At the moment we are trying to put our lives in order.
But this is not an end in itself. Our real purpose is to
fit ourselves to be of maximum service to God and the
people about us.*

-- Alcoholics Anonymous, page 77

A.A. HISTORY DECEMBER

As we are in the midst of a busy holiday season, let us all pause to reflect on a date to be thankful for, **December 11, 1934.**

This date may not have any significance in your life; in fact if you search the date on the internet you find there really isn't anything noteworthy. However, in A.A. history this date is highly significant. December 11, 1934 is the date of Bill's last drink and fourth and last admittance to Town's Hospital.

Bill would write about his experience and last drink many times since that date. An excerpt taken from a July 1962 article he wrote for A.A. Grapevine reflects his thoughts on his spiritual experience.

"I was the recipient in 1934 of a tremendous mystic experience or 'illumination.' It was accompanied by a sense of intense white light, by a sudden gift of faith in the goodness of God, and by a profound conviction of His presence. At first it was very natural for me to feel that this experience staked me out for somebody very special.

"But as I now look back upon this tremendous event, I can only feel very especially grateful. It now seems clear that the only special feature of my experience was its electric suddenness and the overwhelming and immediate conviction that it carried to me.

"In all other respects, however, I am sure that my own experience was not in the least different than that received by every AA member who has strenuously practiced our recovery program."

Whether or not alcoholism has touched your life, let us all take a moment to be grateful for Bill's experience so he could use it to help others achieve sobriety, his strength to create Traditions and Concepts that give us all stability in A.A., and his hope for A.A.'s future.

The Archives Department - Anonymous



My name is Kelly and I am an alcoholic...

At the age of five my mother was told I was dyslexic and would struggle with learning. It was frustrating growing up. I never fit in anywhere. I had many different groups of friends, but never really belonged. I asked a teacher why I was dyslexic and he said it was because I displeased God. I was always searching for what was wrong with me. I was always in the hospital getting tested or just always sick.

My first memory of drinking was from a half-empty glass at my parents' party. Many parties later I was just stealing the beer or wine and drinking it. My friends and I would bring rum to the skating rink and get hammered. It became a regular thing for me. I felt better.

I tried to commit suicide at the age of 14 and was in the hospital a long time. They wanted to keep me longer but my mother said no.

For a while after that I saw a therapist, but nothing came out of it and the drinking continued. I would become violent when I drank, and when I didn't – I was an emotional wreck.

One night drinking and playing pool, I hit some guy I didn't even know. The next day the bartender told me if I did it again they would "86" me for good. Ashamed and embarrassed, I got really drunk. Later that night my fiancé found me eating oleanders. He called the police and I ended up in the hospital – Ward B this time and was there for some time.

When I left the diagnosis was bipolar disorder, PTSD, alcoholism and a treatment plan. Take my meds as prescribed, see a doctor and go to a meeting. I did two out of three. I saw my doctor, took my meds but didn't go to a meeting.

I had a wedding to plan – my own. I ended up drinking again. I drank while I was pregnant with both my kids. One day I was so depressed and uncomfortable in my skin and not drunk, I threw a chair at a window, tore up my clothes, and scared my husband. Nothing was working. I was the worst person in the world and couldn't do anything right.

One day my husband told me I needed to quit drinking, get help and suggested I go to a meeting. So I did but would leave the meeting to go get drunk. I didn't hear what was being said. At some point I spoke with a woman from a treatment program who said a bed would be available in three weeks. I told her it was a bad time – my daughter's first birthday was coming up and I had to be there for her. She said she couldn't think of a better birthday present than a mother being sober. That got me! I agreed to go in three weeks. But how do I stay sober until then. The woman said "go to as many meetings as you can". I did and found a wonderful fellowship. I was able to celebrate my daughter's birthday at the treatment center. I have a very loving relationship with both my son and daughter today.

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From the Original Manuscript –

Having had a spiritual experience as the result of this course of action, we tried to carry this message to others, especially alcoholics, and to practice these principles in all our affairs.

As it has been printed since the Second Printing of the First Edition 1955 –

Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

NOTE:

Works Publishing Company, New York City, 1941. The second printing of the Big Book was necessitated by the Jack Alexander article in the Saturday Evening Post. It had a press run of 5,000 copies. The most important change to this printing was the REWORDING OF THE 12TH STEP and the ADDITION OF THE APPENDIX ON "SPIRITUAL EXPERIENCE".

In the two years between the first and second printings, the word "experience" in the Twelfth Step was discussed at length. As time went by, letters from alcoholics started to come in to the main office from people who did the work out of the Big Book and did NOT have the "White Light" spiritual experience that Bill Wilson had. They were writing to see if the more gradual spiritual awakening that they were having meant that they could not recover from alcoholism. This was the reason for adding Appendix II. Eventually the word "experience" was replaced with the word "awakening" in the Twelfth Step. The Big Book authors made this modification in order to include those whose lives had truly changed, but more slowly over a period of time.

Many ... will find this to be the case also. Your life has changed, but gradually rather than suddenly. You may not be able to point to a specific experience that brought about the change, but the spiritual awakening has occurred nonetheless.

– Bill L.

Following the treatment program, I found a really great doctor who helped me with my meds. However, after two and a half years of sobriety, I relapsed on cough medicine. That very same day I walked into my home group and they helped me. I have been sober since, and it is now 10 years.

A while back, my doctor and I decided to cut down on my meds, but found it wasn't the best decision. His comment to me was "Kelly you have accepted your alcoholism and you need to accept your bipolar disorder". He was right. That doctor has since retired; I have a new doctor and a better understanding of my life. All my disorders and my alcoholism have become my greatest assets so I might help the next person to understand who they are and that there is hope. For that I am truly grateful.



"And finally, we of Alcoholics Anonymous believe that the principle of anonymity has an immense spiritual significance. It reminds us that we are to place principles before personalities; that we are actually to practice a genuine humility. This to the end that our great blessings may never spoil us; that we shall forever live in thankful contemplation of Him who presides over us all."

Tradition Twelve, in its mood of humble anonymity, plainly enough comprehends the preceding eleven. The Twelve Points of Tradition are little else than a specific application of the spirit of the Twelve Steps of recovery to our group life and to our relations with society in general. The recovery steps would make each individual AA whole and one with God; the Twelve Points of Tradition would make us one with each other and whole with the world about us. Unity is our aim.

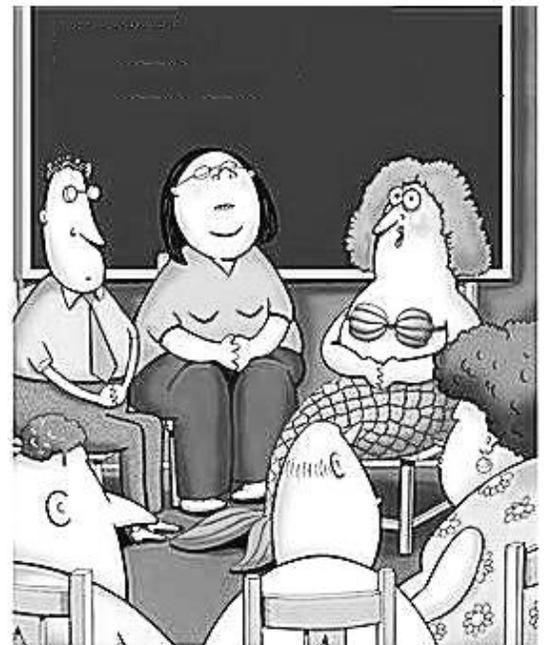
Our AA Traditions are, we trust, securely anchored in those precepts; charity, gratitude, and humility. Nor have we forgotten prudence. May these virtues ever stand clear before us in our meditations; may Alcoholics Anonymous serve God in happy unison for as long as He may need us.

-- The A.A. Grapevine, Inc., November 1948



"The Conference shall observe the spirit of AA. tradition, taking care that it never becomes the seat of perilous wealth or power; that sufficient operating funds and reserve be its prudent financial principle; that it place none of its members in a position of unqualified authority over others; that it reach all important decisions by discussion, vote, and whenever possible, by substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government, and that, like the Society it serves, it will always remain democratic in thought and action."

In its long form, the Twelfth Concept is actually Article 12 of the Conference Charter. It is considered so important that it can be changed only by written consent of three-quarters vote of the directory-listed AA groups, and then only after six months has been allowed for deliberation.



"No matter how hard I tried to quit, I kept drinking like a fish."