

Hello Area 05

I have just returned from the Pacific Regional Forum and I will say this as many did - "It was amazing!" We had presentations from the Pacific Region Delegates as well as direct contact and Q&A with -

- Linda Chezem - the General Service Board Chair,
- Kevin Prior - Class A Trustee and GSO Treasurer,
- Bob W. - General Manager of the General Service Office,
- Molly Anderson - Class A trustee,
- Reilly K. - Pacific Regional Class B Trustee,
- Irene D. - GSO Staff on the literature Desk,
- Paz P. - Trustee Director - LaViña,
- Jon W. - AA Grapevine Senior Editor,
- AA World Service Trustee Director - Irma V.,
- Trustee-At-Large Canada - Trish L.

and many more staffers and friends. It was an amazing event, in-person and it was so wonderful to see not only our members from Area 05 but friends from all the Pacific Region Areas and the presentations and workshops were fantastic. I think the final count for attendance was almost 600 people. The questions from our members and insightful responses from our trusted servants were inspiring. Access to them was so simple and easy for all of us and there was no doubt about their love for their work and A.A. A special stand out was the skit presented by a mix of Trustees, Delegates and Staff about the 2025 International Convention in Vancouver British Columbia. It was pretty hilarious.

There was a sign up board to have a meal with one of the trustees and it was full by 10:00 AM on Friday! I felt that was an extra special touch.

There were workshops on both Friday and Saturday and Our Alternate Delegate Doug. S. ran one of the workshops on Area Websites and did a fabulous job. The list of workshops is too long to list here but they were all well thought out and effective.

I want to thank Area 05 Southern California Assembly for electing me to be your delegate and to serve the 71st -72nd General Service Conference. I cannot really explain how this changed my life, brought a new perspective to our work and helped me to meet you all at your districts and events. Being a part of the conference and being on the Public Information Committee was a once in a lifetime opportunity and I did not take it lightly nor waste it.

I learned that you are all engaged and thoughtful, hard working and fun loving. That you are willing to do the work you are assigned as GSRs, DCMs, Committee Chairs, Officers and Past Delegates. I did my best to listen and act on your behalf in everything I did and for this alcoholic...that is a task! You all inspire me and hopefully my experience has made me a better member of Alcoholics Anonymous.

As we embark on our election of a new panel officers for the next two years I know our Area and the General Service Conference will prosper and be in good hands. The spirit of rotation is such a wonderful idea and I believe it helps our movement to stay "fresh" and "real" and safe.

I look forward to being a Past Delegate in our Area and will strive to do whatever is asked of me in the future.

Thank you all for your support, loving discussions and continued dedication.

Best regards,
Lauren A.
Area 05 Delegate Panel 71