

## Delegate's Corner

When the General Service Office performed an emergency drawdown of \$3 million from the Reserve Fund on April 22, many saw it as a worrisome action. But it was essential at the time because of the downturn in contributions and literature sales. Since then, the Fellowship has responded – in great measure! In April, contributions were \$359,000 from the US and Canada. In May, the rise in contributions began, (to over \$800,000) with July and August exceeding \$1 million in contributions. Thus far this year, contributions are just over \$7 million through September, and we are well on our way to a record-setting year in contributions.

However, literature sales are still way down for the year, and so are our income projections (by about \$2 million). So much so, that when the GSO offered a VRIP (Voluntary Retirement Incentive Program) and 20 of our Trusted Servants took the early retirement, there was, on October 7, another emergency drawdown from the Reserve Fund, this time for \$1.5 million.

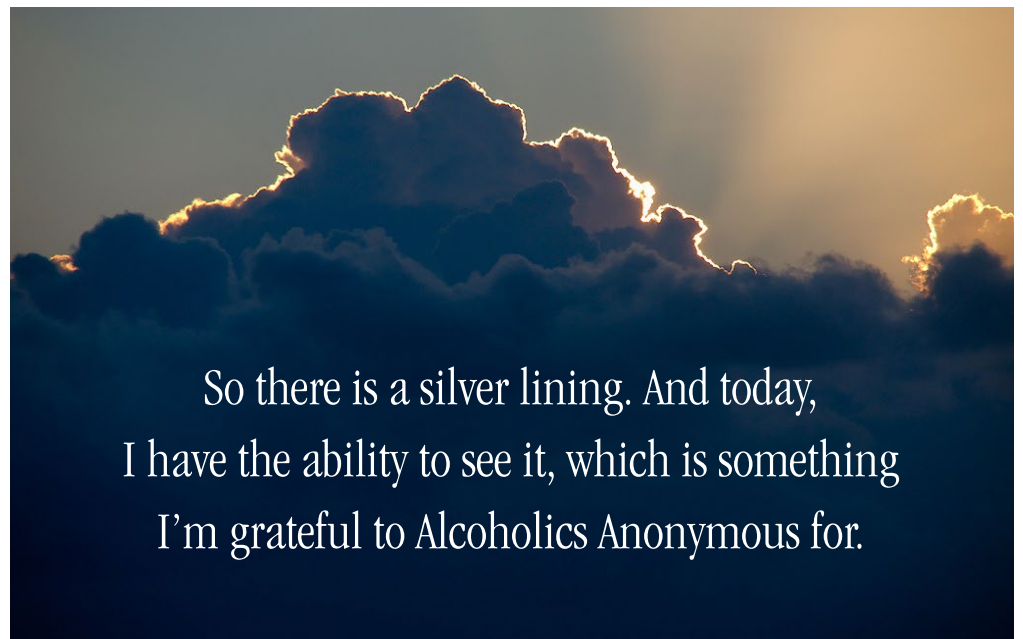
### **So things look bleak, right? Not so fast.**

The two drawdowns leave us with \$13.1 million in the Reserve Fund, which reflects a level of about 7.8 months of operating expenses. The ideal number of months for operating expenses is about a 9 month threshold. So we're not really that far from where we would like to be. Granted, we won't get there this year, but we have ensured continuation of services to the Fellowship with our generosity. And bear in mind that our expenses will be down for next year. Also, and more importantly, some large-scale projects are completed, or at least near completion. The 8th Floor renovations have been completed (just under the \$1 million budget at \$974,000).

Upgrades to the AA.org website and the Enterprise Resource Planning system (ERP), an ongoing saga for the past couple of years, is nearing completion. We, as Delegates, are still trying to get answers as to the cost overruns on this project, and when I get the answers, you will have them too. At any rate, the project is nearing completion. Plus, next year's GSO Budget, with all the travel basically shut down, and lots of AA business being conducted virtually, will come in much lower than any recent budgets.

So there is a silver lining. And today, I have the ability to see it, which is something I'm grateful to Alcoholics Anonymous for.

—Steve L.



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# W O R T H R E P E A T I N G

I don't fix problems. I fix my thinking, then the problems fix themselves.

Blessed are we who can laugh at ourselves for we shall never cease to be amused.

Kindness: Loaning someone your strength instead of reminding them of their weakness.

When life is sweet, say thank you and celebrate.

When life is bitter, say thank you and grow.

I pray you quit overthinking, replaying failed scenarios, feeding self doubt and seeing the good in everyone but yourself. You deserve more.

Destroy the idea that repressing emotions is a sign of strength.

May your day begin with a smile on your face, love in your heart and happiness in your soul.

I've learned that it's not what I have, but who I have in my life that matters most.

Peace is not when everyone agrees. It is when we can respect our disagreements and still play in the sandbox together.

Courage does not always roar. Sometimes it's the quiet voice at the end of the day saying, "I will try again tomorrow."

I love people that have no idea how wonderful they are and just wander around making the world a better place.

Kind people are the best kind of people.

It took me a long time to understand what it means to forgive someone. I always wondered how I could forgive someone who chose to hurt me. But after a lot of soul searching, I realized that forgiveness is not about accepting or excusing their behavior. It's about letting it go and preventing their behavior from destroying my heart.

## LOVE IS NOT ALL YOU NEED.

- \* You need mutual respect.
- \* You need support.
- \* You need trust.
- \* You need boundaries.
- \* You need people to be there when it matters.
- \* You need space to grow and acceptance when you do.
- \* You need people to show their love.

The world is changed by your example, not by your opinion.

Maybe you're not healing because you're trying to be who you were before the trauma; that person doesn't exist anymore. There is a new person trying to be born. Breathe life into that person.

Peace. It does not mean to be in a place where there is no noise, trouble or hard work. It means to be in the midst of those things and still be calm in your heart.

Never think that what you have to offer is insignificant. There will always be someone out there who needs exactly what you have to give.

10% of conflict is due to difference in opinion and 90% is due to delivery and tone of voice.

Anxiety happens when you think you have to figure out everything all at once. Breathe. You're strong. You got this. Take it day by day.

Maybe your life purpose isn't supposed to be a thrill-seeking narrative. What if you're meant to be the sunshine to someone's stormy day? Or the voice of clarity to a frantic mind? You don't have to be a superhero to save the world.

When you love yourself, there's a lightness to your being. That self love, that lightness, that sense of humor, that is what being spiritual is about and that is the state of consciousness that really opens you up to your intuition and to your guidance from the other side.

Everyone wants to be the sun to brighten up someone's day, but why not be the moon to brighten up their darkest hour?



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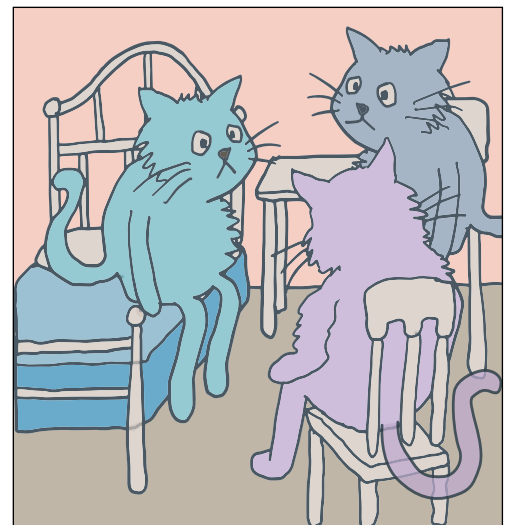
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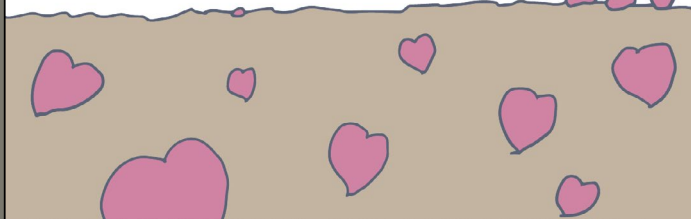
*The third cat is approached about his drinking, in this depiction of: "The Cat on the Bed"*

## A "LIMITLESS LODGE"

*Like a gaunt prospector, belt drawn in over the last ounce of food, our pick struck gold. Joy at our release from a lifetime of frustration knew no bounds. Father feels he has struck something better than gold. For a time he may try to hug the new treasure to himself. He may not see at once that he has barely scratched a limitless lode which will pay dividends only if he mines it for the rest of his life and insists on giving away the entire product.*

— ALCOHOLICS ANONYMOUS, pp. 128-29

When I talk with a newcomer to A.A., my past looks me straight in the face. I see the pain in those hopeful eyes, I extend my hand, and then the miracle happens: I become healed. My problems vanish as I reach out to this trembling soul.



SEPTEMBER 27

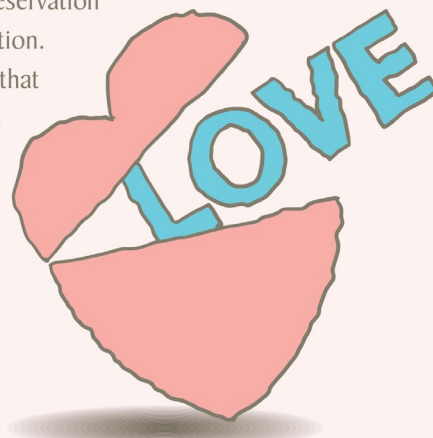
## WITHOUT RESERVATION

*When brimming with gratitude, one's heartbeat must surely result in outgoing love,...*

AS BILL SEES IT, p. 37

While practicing service to others, if my successes give rise to grandiosity, I must reflect on what brought me to this point. What has been given joyfully, with love, must be passed on without reservation and without expectation.

For as I grow, I find that no matter how much I give with love, I receive much more in spirit.



September 24

## VIGILANCE



*We have seen the truth demonstrated again and again: "Once an alcoholic, always an alcoholic." Commencing to drink after a period of sobriety, we are in a short time as bad as ever. If we are planning to stop drinking, there must be no reservation of any kind, nor any lurking notion that someday we will be immune to alcohol.*

ALCOHOLICS ANONYMOUS, p. 33

Today I am an alcoholic. Tomorrow will be no different. My alcoholism lives within me now and forever. I must never forget what I am. Alcohol will surely kill me if I fail to recognize and acknowledge my disease on a daily basis. I am not playing a game in which a loss is a temporary setback. I am dealing with my disease, for which there is no cure, only daily acceptance and vigilance.

SEPTEMBER 28

## LOVE WITHOUT STRINGS

*Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics.*

ALCOHOLICS ANONYMOUS, p. 89

Sponsorship held two surprises for me. First, that my sponsees cared about me. What I had thought was gratitude was more like love. They wanted me to be happy, to grow and remain sober. Knowing how they felt kept me from drinking more than once. Second, I discovered that I was able to love someone else responsibly, with respectful and genuine concern for that person's growth. Before that time, I had thought that my ability to care sincerely about another's well-being had atrophied from lack of use. To learn that I can love, without greed or anxiety, has been one of the deepest gifts the program has given me. Gratitude for that gift has kept me sober many times.

