

2023 PNC in Portland OR.

Report to District 46AA

How is your triangle?

Please feel free to share with your groups. This is my report back to District and should work its way to any member that wants to read it.

First and foremost, I want to start with a big thank you for all allowing me to attend. It was quite inspirational and certainly left me with a lot to think about, Overall, I did enjoy it quite a bit, with some issues I will address in the end. It certainly was a privilege and a pleasure, and something I would have missed had you all not selected me.

This year's PNC was held in Portland OR, area 58 and is the first time PNC has ever been done Via Hybrid. It was noted that there was a lack of assistance in setting up. I went down Thursday night so was there through Friday. I offered my service where I could help. (Mostly I ended up helping to set up the fellowship area and made a lot of coffee.)

This event was translated live to Spanish and ASL throughout the entire event.

Friday Night was the first panel of speakers.

The first speaker was Mikalla M. with a discussion on how 12 steps have helped with life and service. Her discussion was based on how she has used the steps in daily life and service and how she applies them to situations in life. A Reminder of how the steps are more than just maintaining sobriety but becoming an everyday part of all your life.

Second Speaker was Andrew M, Dealing with strong personalities and controversy. (Area 72 Corrections chair) I enjoyed how he would come back to pages 62 and 63 on how it works. A key point I really liked is how we are all in a state of sobriety. We are all sick, in different ways and at different levels. We are not always going to get along, or agree, and sometimes our sickness will not blend with another's sickness, but we must keep in mind we are not the judge or jury, and we all have a right to be here and participate.

The 3rd speaker Benjamin G (area 92 chair.) Dove into Concept 12 and the warranties- Vital for the promise of diverse fellowship.

We all have A deep desire to belong – how our traditions are so important to maintain

Health is a function of participation. I rather enjoyed that take and as he discussed it I agree more and more. Our health is in fact directly tied to the participation we put into it. Just as our sobriety is a direct link to participation in our program. Left me with a lot to think about in general.

The fourth speaker and my favorite of the night was Angela D from area 18 in her talk about, "is my triangle lopsided"

I really enjoyed this one and it gave me much to think about. The base of our triangle is our recovery, with a leg for Unity and one for service. Ideally, we want these legs to be equal in length forming a perfect triangle. The question then is, how is your triangle? If we put too much into one leg, then the others will suffer. Focus on service too much then recovery and unity become smaller, less important. Though without doubt, service is important to recovery, it becomes counterintuitive when our focus becomes so much that our step work becomes very little, and we begin to suffer. With that though, no matter how lopsided our triangle may be come, it is still within the circle that represents our higher power of our understanding, and though it may come lopsided, ideally, we never let it leave this circle, and with that be encompassed by God.

That was the end of Friday night's panel discussions. The event moved to discussion of Literature and upcoming changes. Heated discussions on the plain English translation of the big book. The more I hear about it, and the more I think of it, then I begin to understand the need and how it will help some still suffering. Further discussions on the semantical changes that are being discussed for the 5th edition of the Big book. I entered this discussion as one who stands with no changes ever should be made, and a part of me stands with that, however; when I look at it from a perspective question of how to better help the still suffering, my stance begins to change. I got sober on the current 4th edition, I cherish it, it saved my life, it continues to evolve my life and it is, as written, what I needed. It is, however, not going away. I will always be able to access the 4th edition. Like some before me, that gained a better life of sobriety from the 3rd or 2nd or even the 1st, those editions are still available today in some form. The fact is, we have editions because things have changed, otherwise we would all still be using the 1st edition only. Again, I pose the question to myself, how better to help the still suffering? If minor changes to wording is used to update the language to more modern times help the new person grasp, keep, retain and grow to find a way out, then my romanticized belief in holding on to the words is meaningless because I am not doing what is best to help the still suffering. I can still choose to sponsor new people from my 4th edition that worked for me, I can still read from it, cite it and continue to hold on to it, while allowing a slightly modern take in a new edition to do the same for a new person. It's not about me, it's about those who still suffer.

Concludes the first night.

Saturday:

Panel II

Dawn W Area 58- How AAWS pamphlets can be used with the Big book to carry the message.

Discussion on building packets into groupings, like a new people package. I didn't really get a lot out of this one. And didn't take much for notes.

Amber N Area 58 uses Grapevine and La Vina in carrying the message.

Common discussions such as the ease and portability of these booklets are meeting in a pocket. I appreciated her passion for them, while I don't particularly care for them, I can see that for some it is a powerful tool.

Bryon B Area 92 Tradition 5 and the contents of my group's literature rack.

I particularly enjoyed the discussion on the need for a virtual literature rack. A group to have a link set to a virtual set up to access information, books, pamphlets etc. Expand upon and utilize the digital availability of literature. All our books and pamphlets are available. Does your group have a way for those to access via virtual download? Interesting topics and a lot to think about as this world is changing, meetings are changing and access to information is changing.

Cystal S Area 72 The 5th edition of the big book. How it's being developed and what to expect.

Work is in progress. Stories will be updated to be more diverse, encompassing a wide spectrum of the AA population. Further discussions on changes. A call for people to reach out with their thoughts on it.

End of panel II and open for floor discussions

One on use of commented her platforms such as Discord, which has approximately 65,000 people on it, and an internet radio station that play only speaker meetings. (A google search revealed several)

Set up an actual Virtual library.

Use of digital rather than virtual, because the word virtual implies something fake and there is nothing fake about AA.

Use of QR codes for literature downloads, including grapevine and La Vina.

Or setting up a digital library using sources such as AA.org

Panel III

Matt M Area 58 Resentment the #1 offender

A good discussion on life isn't always going to rainbows and unicorns when you get sober. "Life sucks better while sober" Life isn't always great, but even at its worse, better sober than not.

Ben N Delegate area 92 Not the anonymity police.

We need to lead by example. Embrace the new digital world, but we have to lead by example to new people, not police them, but lead them on how anonymity works and why. Becomes trickier in this new age.

Lupita Y area 72

Her data has found that AA is not a good societal cross section. That others are left out. I did enjoy her discourse on this subject, and admittedly didn't write many notes on it.

Drew G Area 18 Spirit of rotation

We are not in the business of changing things but in changing people. Sometimes some people need a push to move on.

Business meeting:

Accepting minutes from the Los Vegas meeting, motion accepted, seconded and approved.

Motion to approve the treasury report, seconded and approved.

Allen F (past delegate) commented on how availability of Zoom has made the planning way easier.

Call for new business, none put forth.

Call for floor motions.

Floor motion to fix the date for future PNC events. (Last weekend in June)

71 votes, 51 for and 28 against. Motion passed. Every effort will be made to fix the future PNC to the last week of June.

I missed this opportunity, as I wish I had made a motion from the floor to record this event. It is being done hybrid Via zoom and I believe this would have been an easy thing. Would have made the event more accessible to more people, even if it was just a vocal recording. Maybe next time.

All in attendance have a vote here, not just GSR or DCM, but all.

Votes were done electronically via an App.

251 people registered

200 in attendance.

2024 PNC will be area 92

2025 None – international

2026 will be hosted by Area 72.

Motion to adjourn at 3pm (scheduled till 4)

Note: most meetings ended early, including panel discussions due to lack of floor participation during comment and question time.

Panel IV 12 tradition across all group settings.

Candance C Area 18

Cited Tradition 4 and discussed whether there is perfect safety in trial and error. We can try new things in AA, and if it doesn't work, we can reverse it. We are not going to break AA.

Jenifer R

Does my group check all the boxes?

I don't have to like the group conscious, but I have to respect it.

It's not my mistakes that will get me drunk but my defending them will.

Trista K Area 58

Tradition 7 – electronic Contributions are ½ as much to process over cash. Especially in larger amounts. Much discussion of using digital transfer of funds for 7th tradition

Delores E Area 92

Discussion on a loving God is the corrective conscious over the group.

Open to floor discussions

Banquet speaker

Marlene- And advocate for the deaf in AA

If you ever get a chance to hear her story, please do. Very powerful, amazing and absolutely thought provoking. It was a very moving story that quite well may have changed a lot of the way I think in recovery, as well as some perceptions that I have had. I truly enjoyed it!

Some Notes from it:

Everyone should love their story, if you don't love your story go back and re do the 4th and 5th step because you are a miracle, you didn't die. Love your story because you lived!

Step 10 doesn't say if you were wrong but when you are wrong. (Also, "and we are all full of shit")

Sometimes you have to wake up enough to accept the miracle.

There is no end point in growth, no end point in ability.

Discussion on Micro dosing. I was elated to hear this, a discussion on this in an open forum. I keep hearing about it in the after meetings, in whispers and slight nudges, but to hear someone standing on a stage and bringing it forth a topic to discuss with the crowd; this I think is needed. As commented, does it help, probably does help some people. But is it safe for us to dabble in. Does it not feed addiction? There was no end point here, I was just happy to hear a discussion being brought forth and think personally that it is important that we do.

Marlene is also an advocate for deaf people in AA. and had some very strong points, sad stories and thought-provoking statements on the subject. A question posed, what if a new still suffering were to come to your meeting and is deaf? Is your group prepared to handle that? Is there a plan? Her experience has been that when deaf people show up for a meeting they have been asked to leave. Told to come back when there are more of them to make it worthwhile hiring an interpreter. Or flat out told they do not belong there.

When any one anyone, anywhere, reaches out--- unless you're deaf, or blind or.. It is unacceptable to have clauses on this. Does your group have a prudent reserve to cover this need, or similar need, should it be required someday? Or at the very least been discussed to have a plan of some sort.

"The only requirement for A.A. membership is a desire to stop drinking" there are no exclusions.

Certainly, something to take back to your groups for discussion at the very least, including our very own district meeting.

Noted that Area 58 is leading the way. PDAC resource in Portland for the deaf in AA.

Again, if you get the chance to hear her story, please do so.

Closed for the night. Sunday was an ask it basket for the 12 delegates that were present and 3 via Zoom. It was fairly slow to start and there were not a lot of questions in the ask it basket. Overall, my impression was a lack of involvement from the body as a whole and most, or generally, were the same people over and over coming to the mic or participating back.

Notes from my interaction with others.

In conversation with other GSR's and members during breaks- the topic of mental health came up a lot. How do we help those that suffer when metal health issues get in the way? How do we help them follow a program? Some of these people are out there still suffering with nowhere to go, no one available to help.

Issues working with minors and a lack of resources to turn to for help. More and more, other groups across this conference group are seeing minors show up to meetings. Some in the groups just ignore them, others try and work with them just as if there were not a minor, and yet others understand that there is real danger for you and the minor in working that way with them. Issues that need more discussion and information.

Growth and change in AA to match the times we are living in. Those that feel that AA has not kept up the modern day and, in some ways, pushes some new people away because of it. Difficult discussion with some very powerful emotions and ideals on both sides.

At the beginning of this report, I mentioned overall I very much enjoyed this conference, but with some issues that my opinion detracted from the overall experience. This may only be my perception, however in discussions with others, this perception was felt by many others like me. This was a meeting of Alcoholics Anonymous, while not a general meeting, still, a meeting of AA non the less. I often did not feel that welcoming mat or warm embrace I would feel at a meeting anywhere I should go. It became very clear very quickly who were the old hats that attend these often and who, like me, are new to this. While us new members, New GSR's and those that just wanted to experience this for the first time were gathered around, usually by themselves, the delegates, alts, committee chairs, DCM's, standing area chair, and others that have participated in these events stayed closely tied to each other in tight social groups. My perception, and maybe totally off, this is a meeting of AA. And when the new person walks into a room it's those that have been working a program to circle this new person, offer support, assistance or acceptance. That is how it works. Should this not also be at all levels? I would think that when a conference like this, shouldn't those at the higher service levels do the same for those that are new to this? I personally felt that those social circles were tight enough that approaching them felt like I would have been interfering or disrupting them. I don't believe these events should be a social gathering, or at least not to the extent that they exclude the new people. They should be embraced, taught, led and guided by those with experience. I saw mostly a social gathering that was not

welcoming, and many, like myself that were 1st times commented and noted that as well. That saddened me and certainly took away from the overall experience. I am new to this, and maybe I am wrong in this. These are only my observations and thoughts and perceptions.

Again, I thank District 46 for this opportunity and this privilege. I hope that I represented our district well. I look forward to attending more of these in the future. Please do not hesitate to ask questions if you have any, I would be more than happy to discuss more with you.

I thank you,

In service

Gary E

GSR for North of 12, Dist. 46 PI chair and facilitator of the fireside meeting.

How is your triangle?