

District 30 Representative Report

Serving as District 30 Representative has proven to be a profound privilege and NOT a burden. Every time I have “stepped” into a meeting, based on my role as District Rep, I walk away carrying rich nuggets of truth. I’ve heard many of the “nuggets” somewhere along the path of life, but I’ve managed to misplace them, or they’ve been replaced with stinking thinking.

As often happens, I found myself recently scribbling notes based on the “rich” comments shared by those choosing to speak up at a recently attended meeting. The topic focused on “change.”

One attendee stated one reason she chooses to not be mad at God (her higher power) in spite of daily challenges (change), is because she knows her God isn’t a terrorist.

Another attendee referenced the challenge she faces, having set a boundary with her active alcoholic - knowing the challenge is on her to not renege on the boundary she carefully set. She is learning to feel the pain of the boundary rather than the pain of the same dance she’s been dancing with her active alcoholic. Change.

Yet, another attendee mentioned her full acceptance of decisions made by her sister’s immediate family regarding “final wishes.” When questioned by others about “those” decisions, she knows the decisions belonged to others, not her.

Grief - deep, deep, ongoing grief - was shared, too. The kind of grief most would choose to ignore, rather than acknowledge.

Another attendee reminded those in attendance, there are three things none of us can change: 1.) Truth. 2.) The Past. 3.) Other People.

So many feelings. So many emotions. All worthy of being felt by the “owner.” And considered by those attending said meeting.

Serving in the capacity of District Rep brings to me much more than it takes from me in terms of time and travel. Regardless of the meeting I attend, I have yet to walk away thinking, “That was a waste of my time.” This District Representative is genuinely grateful for the opportunity to be the recipient of another “dose” of recovery, by visiting AFGs within District 30.

Respectfully submitted,

Karen P.

District 30 Representative