

**2024 PACIFIC REGIONAL FORUM (PRF)
Las Vegas, Nevada – Area 42**

‘REPORT BACK’

**By Vicki R.
District 5 DCMC**

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Before I get down to the ‘nitty-gritty’ of my **2024 Pacific Regional Forum (PRF)** ‘report back’ allow me to, once again, thank you District 5 members for allowing me the opportunity to attend this year’s forum in Las Vegas, Nevada. I’d also like to thank Mitchell B. for providing the members during our July meeting with a bit of its history, along with what it is all about. It was a pleasant surprise, filled with gratefulness, to hear as I was “Zooming” in from my hotel room while, I admit, lying in bed.

Driving to Las Vegas versus flying was just what I needed. Because it gave me a few hours to de-stress, let go of what all I had committed to do for others and, I admit, selfishly focus on myself, and the scenery around me...traffic included.

Once arriving at the hotel and having had to wait in the valet parking line for over an hour, stand in the hotel registration line for over an hour and a-half, and then wait an hour for the bellman to bring my luggage, my immediate forum experiences were reminders that **(1)**: My Higher Power is in control of time not me, and **(2)**: that of patience. Along with those of gratefulness, because my Higher Power gave me the opportunity to **(1)**: sit in my air-conditioned Sorento while waiting in the valet line rather than being out in the 118-degree weather unlike the poor valet employees, **(2)**: see and speak to other Area09 fellowship members, along with meeting members from other areas, while waiting in the hotel registration line, and **(3)** sit and relax, while waiting for the bellman, instead of immediately starting to unpack and arrange all the ‘have to have’ and ‘might need’ items I had brought with me.

For various anonymity situation reasons, we were not allowed to take pictures of the screen slides, record any part of the forum’s program, nor were recordings available for purchase. Unfortunately, being the alcoholic that I am, I honestly missed hearing the ‘no recording’ part so I recorded a portion of the first day / Friday’s program. OOPS!!

Gratefully, I wasn’t recording on Saturday when they reminded us that recording was not allowed and that a “**2024 Pacific Regional Final Report**” would be available to all fellowship members at a later date.

Therefore, please know that **(1)**: I may not have taken the best handwritten notes, **(2)**: in order to keep my report ‘shorter than longer’ not all the notes I did take will be included in this report, and **(3)**: based on time, I may not be able to share all of this report verbally.

Now onto the ‘nitty-gritty’ of the forum itself...

SOME OF THE FORUM SPEAKERS FROM GENERAL SERVICE/AAWS:

- Reilly K., Pacific Regional Trustee (*Sobriety date is August 7, 1996*)
- Scott H., (New) GSB Chair / Class B Trustee (*Past Trustee-at-Large/Canada 2015-2019*)
- Bob W., GSO GM (*31 years sober*)
- Molly O., Class A Trustee
- Paz P., Non-Trustee Director
- Vera F., Trustee Director
- Racy J., GSO Staff Coordinator
- Kevin P., GSB Treasurer / Class A Trustee
- Marita R., Trustee-at-Large/US
- Julia D., Digital Engagement Editor
- Paola M., La Vina Editor
- Etc., etc., etc.

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FRIDAY – July 12th:

Friday’s forum began with a half-hour informal meet and greet opportunity, followed by the “Opening Session”.

This session consisted of opening remarks by our Pacific Regional Trustee (PRT), Reilly K., our new General Service Board (GSB) Chair, Bob W., and our General Service Office (GSO) General Manager (GM), Bob W., followed by:

• **Delegate Presentations**

- Presenters and Topics:
 - Eric L., /Area 06 - N. Coastal CA - “Addressing Barriers to Effective Communication Within AA”
 - “Don’t argue with what I saw.” – *His comment was appreciated by the majority of the attendees and was in regard to the Plain Language Big Book due to his having had the opportunity to review it during the 2024 GSC.*
 - Doug S./Area 05 - Southern CA – “Working Together, Increasing Trust”
 - (Our own) Alex W./Area 9- MSCA – “What Shape is Your Triangle? (1989 GV article)”
 - Pablo H./Area 93 - Central CA – “Cultivating Future Service Leadership”
 - Crystal S./Area 72 - W. WA – “Closing the Gap: How Do We Make the Voice of Every Group Count?”

• **General Service Board (GSB) Presentations / Moderator: Bob W., GSO GM**

- General Service Board – Scott H., GSB Chair
- Annual General Service Conference – Reilly K., PRT

• **What’s on Your Mind?**

- **Attendee: “Heard a rumor that there was a “Class Action” lawsuit regarding the Plain Language Big Book.”**
 - Per Scott H., GSB Chair – Has not heard of it as of yet. Should it happen, he presumes they’ll seek legal representation and advice from a legal firm that has experience in that type of litigation and will proceed from there based on terms of lawsuit.

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SATURDAY – July 13th:

• **AAWS Board & Your GSO / Moderator: Scott H., GSB Chair**

- **AAWS Corporate Board – Vera F., Non-Trustee Director – GSB Literature Committee Chair**
 - Due to the manufacturer discontinuing to make literature racks, AAWS will be discontinuing the selling of them once they run out of the 100 they have in stock. They are looking into other options.
- **General Manager – Bob W., GSO GM**
 - Current 2024 GSO headquarters (475 W. Riverside Drive, New York City, NY) has been leased for another 10 years. This is its 7th location. (*Moved there in 1992.*) The GSO board meets 3 times a year. He has 14 direct reports, 2 assistants (Jacob & Pamela), a GSO staff meeting every Weds., and meets with the GSB Chair every week. He showed a picture of “Reinhold Niebuhr Blvd” in New York named for the man who is considered to be the originator of the “Serenity Prayer”, along with slides of the 11 GSO departments.
- **GSO Staff – Racy J., Staff Coordinator**
 - Is a “Special Worker” as mentioned in Tradition 8. Has 12 listed staff assignments. Also serving as “ ? ” staff secretary.
 - * Corrections: 500 AA meetings in jails and prisons.

- * Group Services: Service Manual update – Hopes to be out in Fall 2024 / end of 2024.
- * Group Members: Coordinates agenda items for GSC.
- * CPC: Updating contact list of CPC Chairs.
- * Accessibilities and Treatment: Putting together the received list of stories / shares.
- * P.I.: First Public Service Announcement (PSA) was in 1966.
- * Showed a great video of the GS Staff!! *Unfortunately, due to the staff consisting of both alcoholic and non-alcoholics employees, attendees cannot get a copy. I know, because I asked her.*

• Workshops

- Our Critics Are Our Friends – Blas A., Area 3, AZ
- Safety-Common Problems and Possible Solutions – Richard O., Area 8, San Diego/Imperial CA
- Grapevine – Matthew L., Area 7, N. Interior CA
- Hybrid Meetings - Best Practices – JoEllen L., Area 2 AK
- Inventories: Personal, Group, District, Area, GSO, Trustees – Penny H., Area 58 OR

Due to District 5 having not conducted one in over 10 years, I chose the “Inventories:...” workshop. Based on the number of attendees, including those who had to stand, it was obviously a workshop topic that many others wanted to know more about also. The moderator asked us what questions we may have, and some of the ones mentioned were:

1. “What do we do with the inventory?”
2. “When to do the inventory?”
3. “Are we reaching the still recovering alcoholic?”
4. “How to do the inventory?”
5. “How to find someone to facilitate the inventory?”
6. “How long of an inventory – how many questions?”
7. “Should the Area handle the district’s inventory?”
8. “How can the Area be more involved in GSO inventory?”

Some of the comments, suggestions and/or answers from attendees were:

1. “If you come with a problem, come with a solution (i.e., GSO ‘suggestions’).”
2. “Have a good note taker.”
3. “Have an outside facilitator.”
4. “An outside facilitator does not offer solutions or ask questions.”
5. “Group discusses questions and answers.”
6. “Form an ad-hoc committee to go through the group’s answers, prioritize once done, and then bring back to the group.”
7. “Inventories can be published on applicable website, pdf versions emailed, hard copies provided, and/or have a link in newsletter.”
8. And lastly...“GSO does not have information or a pamphlet on ‘inventory process’.” *(This one definitely caused quite a chuckle amongst the attendees.)*
9. “Suggest reading A.A. Group pamphlet.”

Unfortunately, because the workshop was only an hour, there was not enough time for additional discussion. But I did walk out knowing more than I did when I walked in. So be prepared for a future District 5 inventory.

• General Service Board Presentations – Moderator - Scott H., GSB Chair

- AA Around the World / “AA’s World Fellowship” – Marita R., Trustee-at-Large/U.S.
 - Big Book – 73 languages. The 74th language is almost done.
 - Other Items – 110 languages
 - Showed a world data map reflecting AA presence.
 - 1962 “World Service” meeting formed 6 zones within AA (World).
 - Cuba – At one time AA had to be conducted via the Catholic Church only. Meaning, AA had to be recommended to the alcoholic by a Priest.
 - The first “Redela” (Spanish for “Meeting of the Americas”) was in 1979. At that time there were 10 countries that were involved with the AA fellowship that year. *(Per the 2018 / 25th World Service Report, there were 25 countries involved.)*
 - There is an “International Fund” for literature.

• GSB Treasurer’s Report – Kevin P., GSB Treasurer / Class A Trustee

- **2023:** 7th Tradition contributions were \$10.84 million. Up 2.8% from \$10.55 million in 2022.
- **Cost of Program Services per Individual:** \$6.43

- **Self-Support:** Covered 62% of operating expenses.
 - **Grapevine Subscription:** Paid print income decreased 12% in 2023. Online income increased 72% due to app, etc.
 - **Contributions:** Group 54.5% / Individuals \$32.7% / Areas & Districts \$5.5%
 - **Expense:** Salaries 46% / Payroll Taxes & Employee Benefits 13% / Professional Fees 10% / Data, Automation & Website 3% / Facility & ?
 - **Reserve Fund:** Concept of GSB's "Prudent Reserve" not the same as in your group's.
- **Workshops**
 - La Vina – Connecting Groups to A.A. as a Whole – Jake S., Area 42 NV with Paola M., LV Editor
 - DCMs – Sharing Experience About Their Connections with GSRs – Lisa G., Area 92 WA East
 - Humility Acceptance Love and Tolerance (HALT) – Kade W., Area 18 ID
 - Cultivating Future Service Leadership – David R., Area 69 UT
 - Integrating Our Online Groups Into the Service Structure – Thomas G, Area 17 HI

Due to some of the situations that I had been experiencing and going through lately, the "Humility Acceptance Love and Tolerance (HALT)" workshop was the one I felt would be beneficial. The room was full and, once again, I was not alone in my feelings. Here is some of what was said during the workshop:

- * "Humility is not thinking less of myself – Humility is thinking of myself less!"
- * "Humility is an ego deflator."
- * "Humility is thinking of others more."
- * "Humility is being teachable."
- * "Think of someone who gave you love and tolerance when you first came in. Now give that to someone else."
- * "Humility is letting others be right!"

This workshop was for only an hour. I definitely would have loved it to have been longer.

- **2025 International Convention – Brief Update and Intro to Skit**

- The skit was titled "Adams Family Prepares for 2025 International Convention" and was hilarious. It was such fun seeing some of the GS representatives, including Scott H., GSB Chair and, also, Reilly K., PRF Trustee, in the costume of their Adams family character. It was a great way to end Saturday's long and busy program day. And all left the main event room with a smile on their face.

SUNDAY – July 14th

- **Sharing from Past Trustees**

- There were 9 past trustees in attendance.
 - David (Trustee)
 - Ginger R.B. (Trustee 2017-2021)
 - Joel C. (PR Trustee 2014-2018)
 - Nancy (Trustee)
 - Madeline P. (PR Trustee 2012-2016)
 - Paul C. (Trustee)
 - One of his comments: "Traditions are inclusive rather than exclusive."
 - Greg M. (Trustee 1990-? / 46 years sober)
 - Ruth J. (Trustee 1986-1990 / 54 years sober)
 - George C. (PR Trustee 1978 / 62 years sober)

- **First-Time Attendees Sharing Session**

- Long line of first-time attendees sharing. It was wonderful to hear them share. And it was a wonderful reminder of my having been a 'first-time' attendee.

- **Various Q&A and Comment Opportunities throughout Friday & Saturday and Sunday's "Ask it Basket":**

- **Q: Why are contributions not being accepted via "app" (meeting guide)?**
A: GSB is looking into it. Cost effectiveness, various platforms, etc.
- **Q: What is the cost to AA taking over other "url" website?**
A: No cost to AA. The owner of other the "url" understood the harm that was being caused by those searching "Alcoholics Anonymous" and ending up on the wrong AA website.
- **Based on the way an attendee used the words "Administrative" decision in regard to the Plain Language Big Book:**
Clarification: It was not administrative decision. It was approved at the GSC based on the many, many, many group consciences.
- **How is the number of "2 million members" determined?**
A: GSO based on group's updating their GSR info, number of members noted on form, etc.

- **Q: 2025 International Convention – How do you get across the border if past law issues?**
A: Current information is in the Box459 (Spring 2024).
- **Comment by an Area Treatment Chair: There are 4,440 Drug Courts, and approximately 12 million in treatment.**

“Ask-it-Basket”

- **Q: Where’s the next PRF?**
A: San Diego, CA – Dec. 4 thru 6, 2026
- **C: Many people feel it would be beneficial to move headquarters.**
A: Current building is only available to non-profit. Based on that, the rental is 25% (approximately \$25 per square foot) of the average building rent in the city.
- **Q: Can a PR staff member participate in a Western PR forum?**
A: Yes and will – by invitation.
- **Q: When will the Plain Language Big Book be available?**
A: Final edition edits are being completed. Printing date, hopefully, November 1st. Available date, hopefully, December.
- **Q: How long can a GSR serve in that position?**
A: Up to the group conscience. GS will not give answer.
- **Q: Where do we see the future in AA Technology?**
A: The vision is the “What If?” scenario. From that “What If?” scenario, will then discuss ways to address that, make that work, etc.

In ending...

What an amazing ‘learning experience’ event. I will say though that I’m glad this ‘24/7’ coffee drinker brought her own coffee and coffee pot, as paying \$6 a cup numerous times a day is not something that I’m comfortable with. I have no doubt that what the hotel lacked in ‘alcohol’ sales from the attendees, they made up for with ‘coffee’ sales.

I loved the camaraderie between Scott and Mark! It was obvious by the way teased and joked back and forth with each other, that they were great friends and had a great AA related working relationship. They definitely caused the attendees a whole lot of smiles and laughter.

There were 918 attendees at the forum. And, of those, 588 were first timers. So, out of curiosity, I checked to see what the attendance had been at my first forum in 2018. Surprisingly, it had the exact same number of attendees. Only that one had 634 first timers. I, as the D5 Panel 68 Treasurer, along with the D5 Panel 68 DCMC, and the D5 Panel 68 Registrar, being 3 of them. It’s hard to believe that one was 6 years ago. But, if all goes as I hope and pray it does, it will only be 2 years until I attend the next one, because the 2026 PRF will be held at the **“Wyndham San Diego Bayside” in San Diego, CA – Dec. 4th thru 6th.**

And, although it’s 2 years away, I do hope that some...all...of you will take the opportunity to get to learn more than you know by attending it. Registration is free!!

I recognize that regional forums aren’t necessarily a service event that all our fellowship members see themselves ever wanting, or ever planning, to attend. For me, I see it as a ‘What I don’t know, I don’t know, and I won’t ever know until I’m willing to know’ scenario. Gratefully, this type of service event is one I enjoy so the willingness to ‘know what I don’t know’ is comes easily for me. And, after having attended it, I can definitely say I know more now than what I did know.

Thank you for allowing me to be of service! And know that I am truly...

Grateful to be of service,

**Vicki R., DCMC
District 5 – Panel 74**

PS: I will be sure to let the District 5 members know when the **“2025 Pacific Regional Forum Report”** is available.