

**PACIFIC REGION ALCOHOLICS ANONYMOUS SERVICE ASSEMBLY
("PRAASA 2024")**

REPORT

**VICKI R., DCMC
DISTRICT 5 - PANEL 74**

(Prelude: To help keep this report as short as possible on Page 2 is a copy of the program, along with a list of the round tables, so that you can see all the wonderful participation opportunities and learning experiences that we PRAASA attendees were given. I also have a few PRAASA recordings on flash drives for those who may be interested. If more are needed, I will have them available at our May meeting.)

I want to first acknowledge how grateful I am to you, the members of District 5, for my having been given the opportunity, as your DCMC, to attend "PRAASA 2024" in San Francisco, CA. The last I heard, there were over 1,800 of us.

Secondly, I want to be sure to congratulate our own District 5 Archives Chair, and past Area 09 Panel 72 Delegate, etc., Mitchell B., for being the new PRAASA Archives Chair. Such great news!! And so that I don't give you misinformation, I'm hoping he'll share with all of you a bit about the future dedicated "PRAASA Archives" and what that and his position entails. Due to time, if not during tonight's meeting perhaps during a future one.

Now onto my report...

For those who may not know, or who may need to be reminded, **PRAASA** is the acronym for "**Pacific Region Alcoholics Anonymous Service Assembly**".

There are six (6) demographic regions in the U.S., which are: Pacific, Southwest, West Central, East Central, Southeast, and Northeast. *(If interested, you can view a map of all six (6) regions on Page 89 of our A.A. Service Manual.)* The nine (9) U.S. states within the Pacific Region is our own great state of California, along with Alaska, Arizona, Hawaii, Idaho, Nevada, Oregon, Utah, and Washington.

PRAASA is held annually every year and is hosted by one of the fifteen (15) areas located within the Pacific Region. This year's assembly was the Pacific Region's 57th and was hosted by "Area 06 California Northern Coastal Area" with the theme being "Connecting with Love, Unity and Service". *I can attest to the fact that there was a whole lot of that going on!*

It was a three (3) day assembly filled with opportunities and experiences starting from 12:00pm to 10:30pm on Friday, 8:00am to 12:00am on Saturday, and 7:00am to 12:15pm on Sunday. Three (3) days filled with early bird meetings, panel presentations, round table discussions, open mic sharing, and speakers, along with a few breaks here and there, banquet dinners on Friday and Saturday nights, and an ice cream social. And with all that came three (3) days of learning, hearing others' shared ideas and experiences, opportunities to ask questions, inspiration, spirituality, and, yes, a lot of rain.

Of the seven (7) panel presentation opportunities, I attended six (6) of them. I admit, I woke up later than I should have on Saturday and ended up not hearing the Panel 5 presentation. On a good note, that extra hour of sleep gave me the energy I needed to make it through the next twelve (12) hours. Although, not enough energy to make it to the ice cream social. And I love ice cream! LOL!

During **Panel 1 - Pacific Region Area Highlights**, I was reminded that, as noted in "**Chapter 2 - There Is A Solution**" of the **Big Book**, "***We are people who normally would not mix***". While looking around the filled ballroom, I loved seeing the diversity of the attendees as they sat in their chairs waiting for the Pacific Region delegates to give their reports.

This panel's delegates also reminded me that we have always had a diverse group of delegates. Each with their own personality, their own personal sobriety recovery story, their own first time 'being of service', and their own introduction and reporting style. Yet, they all reflected and showed us the same 'being of A.A. service' willingness. They all showed us that although other Areas may do it differently than our own Area 09, what they do works for their Area's fellowship needs. They all showed us their willingness and eagerness to learn from other Areas that which may help their Area's needs even more.

During **Panel 2 – The Hand of A.A.**, one of the four topics was “**Utilizing the A.A. Membership Survey data in 12th Step Work — At the home group, district, Area, and in PI/CPC Committees**”, which was presented by our own Area 09 Panel 74 Delegate, Alex W. She gave a great and detailed report not only on the survey data, but also shared a bit of her own sobriety journey. For the sake of time, you can read it online on her Area 09 Delegate's Corner webpage: <https://msca09aa.org/delegate-page/>.

I could go on and on about all the Panels and their applicable topics. But, again, for the sake of time, I won't. Besides, it's best if you hear them firsthand yourself to gather the information you may want to know and may want to share with your meeting group.

Now onto the round tables! As you can see on Page 2, there were twenty-two (22) round tables that I could choose from. Each being a two (2) hour timeframe which were held on Friday night from 8:30pm to 10:30pm and, again, from 4:30pm to 6:30pm on Saturday. Therefore, the opportunity to participate in more than two (2) was not an option unless I left one early and arrived late at a different one. The ones I participated in were DCMC and Archives. Gratefully, due to having gone to past PRAASAs, I had already participated in Registrar, Treasurer, Newsletter, and Website.

The “**DCMs and DCMCs/Alternates**” round table meeting room was filled with both English-speaking and Spanish-speaking attendees. And I was reminded that, due to not having subdistricts like District 5 has, a majority of the English-speaking districts do not have DCMCs. In those districts, my position is titled / known as being the “DCM”. And, to my knowledge, Spanish-speaking districts do not use the position title “DCMC” at all.

Our moderator gave us the opportunity to choose 3 topics, which was done. However, I had another reminder and that was...there will always be alcoholics in A.A. that will go to any length to be heard and have their way. As was in the case of one attendee insisting...and I mean insisting by standing up, yelling at the moderator, and not taking no for answer...that there be four (4) topics. The fourth topic being the topic that she wanted discussed. It was definitely the only uncomfortable moment I had during the entire assembly. But bless the moderator for ending that uncomfortable moment by including her topic.

I admit to leaving the round table feeling that the “DCM versus DCMC” scenario may have caused others some confusion. Gratefully, because of attending our Area meetings, I knew ahead of time what “DCM versus DCMC” looked like. And, gratefully, half-way through the round table, there were a few that clarified their district position title and stating whether they had subdistricts or didn't have subdistricts.

The “**Archives**” round table was filled with archival information, which I thoroughly enjoyed hearing about. Amongst those attending were Mitchell B., who in addition to his other positions I've already mentioned, is our Area 09's Archives Committee Alternate-Chair, and Gerry W., Area 09's Archivist.

The “**A.A. Speaker Meeting**” speaker was Bob W. / GSO Manager. What a great share and opportunity to get to see and hear the 'man' behind the written reports we receive from him. And, although his written reports definitely reflect his immense knowledge of the General Service Office, they don't reflect his humor.

I definitely don't have time to report back on all that I participated in or that I learned. And, at the same time, I don't want to make one opportunity sound as though it was less important than another.

But let me end with this...

I left home filled with excitement because what I was going to get to experience, hear, and learn once I arrived. That excitement continued throughout the assembly even when the tiredness kicked in and the rain straightened my curled hair.

I left the assembly filled with what I left home with, along with even more gratitude, clarity, and the reaffirmed confidence that A.A. as a whole will continue to help the suffering alcoholic for generations to come, as long as those who are 'being of service' continue to follow and maintain our 12 Traditions and 12 Concepts, and never forget our Responsibility Statement.

"I am responsible, when anyone anywhere reaches out for help, I want the hand of A.A. always to be there. And for that, I AM RESPONSIBLE!"

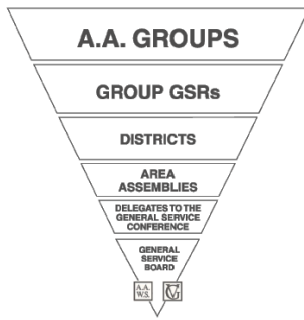
Thank you for allowing this alcoholic those additional days of sobriety. And for reminding me that it's because of you and, also, those who attended PRAASA 2024.

Grateful to be sober...grateful to be of service...and grateful to all of you!

Vicki R., DCMC

District 5 – Panel 74

**STRUCTURE OF THE CONFERENCE
(U.S. and Canada)**



Registration Hours and Locations

Thurs. Feb. 29	8:00 pm – 9:00 pm	Hotel Lobby
Fri. March 1	8:00 am – 8:00 pm	YB Grand Assembly (South Registration)
Sat. March 2	7:00 am – 6:00 pm	YB Grand Assembly (South Registration)
Sun. March 3	7:00 am – 9:00 am	YB Grand Assembly (South Registration)

Archives Display Room: Pacific E

FRI Noon – 11 pm, SAT 8 am – 11 pm

Hospitality Room: Pacific D

FRI Noon – 10 pm, SAT 8 am – 10 pm

AI-Anon Programs Nob Hill A-B

FRI and SAT: Program available online or at the AI-Anon table.

All weekend in the Yerba Buena Grand Assembly:

A.A. Central Office Literature, Accessibilities Service, Info Desk

Marriott Grab-N-Go Food Stations:
Coffee, Drinks, Snacks, Breakfast, Lunch and Dinner (Only the purchases made downstairs in our event space support the event!)

PRAASA recordings available for purchase from Smile God Loves You or after the event at: <https://sgly.3dcartstores.com/>

PRAASA 2025 ~ Anchorage, AK ~ March 7-9, 2025

PRAASA 2024 PROGRAM

Thursday, February 29		
7:00 pm – 8:30 pm	Early Bird A.A. Meeting	Foothill G (Eng/Esp)
Friday, March 1		
10:00 am – 11:00 am	Early Bird A.A. Meetings	Salon 1-3 (English) Salon 4-5 (Spanish)
12:00 pm – 12:45 pm	PRAASA Orientation	Yerba Buena Ballroom
1:00 pm – 1:15 pm	Welcome	Yerba Buena Ballroom
1:15 pm – 2:00 pm	Panel 1	Yerba Buena Ballroom
2:15 pm – 3:30 pm	Panel 2	Yerba Buena Ballroom
3:45 pm – 5:00 pm	Panel 3	Yerba Buena Ballroom
5:00 pm – 7:00 pm	Dinner Break Pasta Buffet Dinner	Salon 7
7:00 pm – 8:15 pm	Panel 4	Yerba Buena Ballroom
8:30 pm – 10:30 pm	Round Tables	(see separate list)
Saturday, March 2		
8:00 am – 9:15 am	Panel 5	Yerba Buena Ballroom
9:30 am – 10:45 am	Panel 6	Yerba Buena Ballroom
11:00 am – 12:15 pm	Panel 7	Yerba Buena Ballroom
12:15 pm – 1:30 pm	Lunch Break	
	AI-Anon Speaker Lunch	Salon 7
	Delegates-only Lunch	Sierra C
	Past Delg/Trustees Lunch	SoMa
1:30 pm – 2:15 pm	Pac Reg Trustee Report	Yerba Buena Ballroom
2:15 pm – 4:15 pm	Business Meeting	Yerba Buena Ballroom
4:30 pm – 6:30 pm	Round Tables	(see separate list)
	DYTD Writing Workshop	Pacific A-B
6:30 pm – 7:00 pm	Break	
7:00 pm – 8:30 pm	Banquet Dinner	Yerba Buena Ballroom
8:30 pm – 9:30 pm	Speaker Meeting	Yerba Buena Ballroom
9:30 pm – 10:30 pm	Ice Cream Social	YB Grand Assembly
10:30 pm – 12:00 am	Late Night Discussions	Salon 1-3 (English) Salon 4-5 (Spanish)
Sunday, March 3		
7:00 am – 8:45 am	What's On Your Mind?	Yerba Buena Ballroom
9:00 am – 10:45 am	Past Trustees Panel	Yerba Buena Ballroom
11:00 am – 12:00 pm	Delegate Ask It Basket	Yerba Buena Ballroom
12:00 pm – 12:15 pm	PRAASA Closing	Yerba Buena Ballroom
2:00 pm – 4:00 pm	Wrap Up Meeting	Yerba Buena Ballroom

57th Annual Pacific Region
Alcoholics Anonymous Service Assembly

**“Connecting with Love,
Unity and Service”**



**AREA 06 CALIFORNIA NORTHERN COASTAL
SAN FRANCISCO, CALIFORNIA**

MARCH 1-3, 2024

The purpose of PRAASA is to develop greater unity among the members, groups and Areas of the Pacific Region; to encourage the exchange of ideas and experiences; and to provide an opportunity for members to discuss pertinent aspects of A.A. The Assembly and the PRAASA committee should always foster the Recovery, Unity and Service legacies of A.A.

PRAASA 2024 ~ “Connecting with Love, Unity and Service”
All meetings in Yerba Buena Ballroom (Salons 8-9) unless otherwise noted.

Friday, March 1, 2024

12:00 pm – 12:45 pm	PRAASA Orientation
Facilitator:	Madeleine P. Past Pacific Region Trustee
Timer:	Frank L. A92
1:00 pm – 1:15 pm	Welcome
Jennifer B. PRAASA 2024 Chairperson	
Eric L. Host Area Delegate	
1:15 pm – 2:00 pm	Panel 1 – Pacific Region Delegate Area Highlights
Moderator:	Reilly K. Pacific Region Trustee
Reader:	Sue S. A05
Timer:	Tina F. A18
Alaska – JoEllen L. (74)	Area 02
Arizona – Blas A. (74)	Area 03
Southern California – Doug S. (73)	Area 05
California Northern Coastal – Eric L. (73)	Area 06
California Northern Interior – Matthew L. (74)	Area 07
San Diego Imperial – Richard O. (73)	Area 08
Mid-Southern California – Alex W. (74)	Area 09
Hawaii – Tommy C. (73)	Area 17
Idaho – Kade W. (74)	Area 18
Nevada – Jake S. (73)	Area 42
Oregon – Penny H. (74)	Area 58
Utah – David R. (73)	Area 59
Western Washington – Crystal S. (73)	Area 72
Eastern Washington – Lisa G. (74)	Area 92
Central California – Pablo H. (73)	Area 93
British Columbia/Yukon – Rio D. (73)	Area 79

2:15 pm – 3:30 pm	Panel 2 – The Hand of A.A.
Moderator:	Helen R. A93
Reader:	Steve L. A06
Timer:	Sam P. A07

Utilizing the A.A. Membership Survey data in 13th Step Work – At the home group, district, Area, and in PIRPC Committees. / Alex W. A09

- How can we better connect Home Groups to the Conference throughout the year, to better inform the Group's Conscience? / Sandra B. A05
- Our Co-Founders writings – Sacred text or...? / JoEllen A. A02
- Concept 12, Warranty 5; How do we define what is personally punitive? An incentive to public controversy? / Derrick S. A72

3:45 pm – 5:00 pm	Panel 3 – Responsibility in Service: When and How to Give
Moderator:	Cynthia S. A02
Reader:	Deborah B. A42
Timer:	Carol B. A42

- Always say yes to A.A. service! Can no be a spiritual answer? / Carrie E. A08
- Tradition 2: Reserving from Covid – Reserve Fund use and reporting / Lisa G. A92
- Is Area and District service still an avocation? Do we expect too much? / Dan B. A06
- Tradition 2: Are we trusting the group conscience? / Penny H. A58
- Closing the International Convention Big Meetings – To pray or not to pray? / Aarin R. A72

5:00 pm – 7:00 pm	Dinner Break Pasta Buffet in Salon 7 (ticketed)
7:00 pm – 8:15 pm	Panel 4 – Our Common Welfare Comes First
Moderator:	Angela B. A09
Reader:	Michael P. A07
Timer:	Heather S. A52
• Safety throughout the structure in our Fellowship / Lyle C. A42	
• Evolution/History of the “Plain Language” Big Book – How we got here and what's next / Blas A. A03	
• Group Inventory at the level of the GSC and GSB – Fearlessly checking our assets and our defects / Francine W. A09	
• Tradition 9: Has A.A. changed from a spiritual movement into an organization? A recovery brand? / Kade W. A18	

8:30 pm – 10:30 pm Round Tables (see separate list)

Saturday, March 2, 2024

8:00 am – 9:15 am	Panel 5 – Sponsorship and Carrying the Message
Moderator:	Joey P. A18
Reader:	Karla W. A03
Timer:	Nikki D. A69
• 36 Principles? – Identifying all our spiritual principles, Steps, Traditions and Concepts / Angela D. A18	
• Service Sponsorship – Are we effectively passing on our experience? / Dan M. A92	
• Recruiting and sponsoring our Class A Trustees / Richard O. A08	
• Sponsoring incarcerated members within the facilities' restrictions / Roberto N. A93	
• All of us deeply desire to belong – Are more pamphlets the answer? / Jessica J. A07	

9:30 am – 10:45 am	Panel 6 – Overcoming the Barriers to Participation
Moderator:	Diana C. A03
Reader:	Paul B. A93
Timer:	Elena B. A06
• In Person, Virtual or Hybrid – One size does not fit all / Marybeth K. A69	
• A.A. Accessibility Resources from GSO and AAGV – What's available? Are we communicating effectively? / Jackie B. A06	
• Remote Communities – Not all barriers are visible! / Wayne H. A02	
• Unhoused Community – Are we reaching all who suffer? / Mary C. A58	
• Communication in A.A. – Is our Conference structure still effective? / Cyd B. A03	

11:00 am – 12:15 pm	Panel 7 – Connecting with Love, Unity and Service
Moderator:	Paul D. A05
Reader:	Ramon S. A58
Timer:	Kimberly R. A42
• Practicing Love and Tolerance – from the Home Group to the GSB / Jen C. A05	
• Is the divided political scene (outside issues) affecting A.A. Unity? / Evan F. A93	
• Are we electing the best possible Trusted Servants? From the bottom to the top of our upside-down triangle? / Shelly A. A69	
• Is A.A. group participation in decline? What can be done to reverse this trend? / Sean F. A17	
• How should services by AA Grapevine be funded? Is it time to consider making the Grapevine a service to the Fellowship, similar to La Vitis? / Matthew L. A07	

12:15 pm – 1:30 pm	Lunch Break
AI-Anon Speaker Lunch	Salon 7 (ticketed)
Past Delegates/Trustees Lunch	SoMa (ticketed)
Delegates Lunch	Sierra C (ticketed)

1:30 pm – 2:15 pm	Pacific Region Trustee Report
Reilly K. Pacific Region Trustee	
2:15 pm – 4:15 pm	PRAASA Business Meeting
Chairperson:	Kathi F. Past Pacific Region Trustee
Secretary:	Sarah B. A06
Timer:	Steve M. A08
4:30 pm – 6:30 pm	Round Tables (see separate list)
*Do You Think You're Different? Writing Workshop Pacific A-B	
7:00 pm – 8:30 pm	Banquet Dinner (ticketed)
8:30 pm – 9:30 pm	A.A. Speaker Meeting (all are welcome)
Leader:	Jennifer B. PRAASA 2024 Chairperson
Reader:	Raymundo L. A06
Reader:	Joann L. A06
Speaker:	Bob W. GSO Manager
9:30 pm – 10:30 pm	Ice Cream Social Yerba Buena Grand Assembly
10:30 pm – 12:00 am	Late Night Discussions
English, Salon 1-3	Spanish, Salon 4-5

Sunday, March 3, 2024

7:00 am – 8:45 am	What's On Your Mind?
Moderator:	Jennifer R. A72
Reader:	Craig P. A69
Timer:	Jesus A. A93
9:00 am – 10:45 am	Past Trustees Panel
Moderator:	Ken M. PRAASA 2024 Program Chair
Reader:	Hannah C. A17
Timer:	Bernice R. A03

Kathi F. Ginger R. David N. Joel C. Billy N. Andrew W. Nancy H. Madeleine P. Paul C. Phyllis H. Greg M. Ruth J. George D.	
11:00 am – 12:00 pm	Delegate Ask It Basket
Moderator:	Reilly K. Pacific Region Trustee
Reader:	Sweetie B. A02
Timer:	Bob F. A18
12:00 pm – 12:15 pm	PRAASA 2024 Closing
Jennifer B. PRAASA 2024 Chairperson	

Find this program and more at PRAASA.ORG

Or SCAN the QR code with your phone camera:

Please remember to complete the PRAASA evaluation form (available online)!

ROUND TABLES: Registrars, Treasurers, GSRs/Alternates, DCMs and DCMCs/Alternates, Accessibilities/Treatment, Archives, Remote Communities, Central Offices/Intergroups, Bridging the Gap, Corrections/H&I, Cooperation with the Professional Community, Grapevine, Guidelines/Policy, Literature, Newsletters, Public Information, Seniors/Cooperation with the Elder Community, Tech/Hybrid, Website, Young People, Pamphlet Writing Workshop: