

Breathe...

I'm not sure why I feel like I can't get ahead during the holiday season... the cooking, cleaning, shopping, decorating... the list goes on. Even though it's a busy time of year, the holidays are much different for me today ~ certainly less arguing, no pleading to get a Christmas tree, no tears or disappointments brought on by this disease. Of course, this doesn't mean that I don't get into trouble with my own expectations or perfectionism, but at least I recognize those things in me and I have the choice to *do* and *be* different. I'm not perfect ~ but getting better! Thanks to this program and the amazing fellowship, I'm reminded of progress not perfection. What a blessing.

This is an exciting time as most of us are moving into our second year of our service positions. Hopefully, feeling a little more comfortable and are at least connected to our email! I am now looking forward to continuing to improve on our Assemblies and AWSC meetings, as well as, continuing to address the needs of our Area. I've been so grateful and energized by the willingness to participate by our members. You all have been instrumental in helping to address topics that have come up for us to examine and determine what is best for the Area. So, I thank you for all you have done and are continuing to work on.

We currently have 5 Thought & Task Forces working on various topics, which include: 1) Spanish Translation Equipment 2) AMAIS Required Training 3) Literature Coordinator Position Description 4) Area Ample Reserve Surplus; and 5) Alateen Behavioral Guidelines. Without the tireless work of our members we could not move these projects forward! Thank you! Thank you!

As a reminder, any report or presentation to be given at the Springs Assembly must be submitted to me by **February 19, 2020**. Once reviewed, they need to be sent to our IT Coordinator by **March 6, 2020**. If a report is not provided by that date, it will not be on the agenda for the upcoming Assembly. As always, if you need to give a longer report than what is scheduled in the Preliminary Agenda (attached in this article of the Butterfly and on the website), please contact me with a proposed time needed and I will do my best to fit it in the agenda.

May you all have a relaxing couple months and certainly some time to breathe.. *deeply*. See you all in March!

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