

# **DAKOTA LANTERN**

District 5 Alcoholics Anonymous

# Finding True Strength and Self-acceptance through Recovery

I knew I had a drinking problem in high school. Of course, I never admitted it to anyone. I was afraid—afraid they might lock me up somewhere or, worse, call me an alcoholic.

At first, I drank to fit in. But then, something shifted. With every sip, it didn't make me feel—it numbed me. And that was exactly what I wanted.

Gone were the worries that I wasn't funny enough, pretty enough, smart enough. Suddenly, I didn't care what people thought of me. Alcohol gave this painfully shy girl a false sense of confidence—an illusion, never realizing it was leading me further from myself. Alcohol initially provided a false sense of security and self-assurance. Alcohol started betraying me. It stripped away who I was and left behind someone I didn't recognize—untrustworthy, unreliable, intolerable, and deceptive.

I knew that wasn't the real me. But, like the big book says, alcohol is cunning, baffling, powerful.

On the night of my 21st birthday, I got a DUI. I crashed my car into a telephone pole, passed out, peed my pants, and

# Service Sunday

Institutions Committee

3rd Sunday of the Month at 2:00pm

SDSOS Clubhouse

(basement)

Public Information / CPC Committee

3rd Sunday of the Month at 2:00pm

SDSOS Clubhouse

(2nd Floor)

Group Activities Committee

3rd Sunday of the Month at 2:00pm

SDSOS Clubhouse

(2nd Floor)

<u>District 5</u>

3rd Sunday of the Month at 3:00pm

SDSOS Clubhouse

(3rd Floor)

woke up in a hospital. Miraculously, I walked away without a scratch. You'd think that's when I decided to stop drinking. But I didn't.

I kept drinking. I kept making reckless choices.

Eight years later, I was still drinking—but by then,

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the misery had set in, deep and unshakable. My friends and family no longer recognized me, they would ask me what was wrong with me. And the truth was, I didn't know. Panic attacks were constant. I was in therapy, searching for something, anything to help me feel okay. Then, at the end of one session, I blurted out: "I think I have a drinking problem."

Following my therapist's advice, I reached out to a treatment center for an evaluation. This time, I was completely honest—unlike when I sought help after my DUI. And that's how I found myself walking into my first outpatient treatment session—crying. I had no idea how to live without the armor of alcohol.

They recommended attending one Alcoholics Anonymous meeting per week. I went to open speaker meetings and listened. And for the first time, I heard my life in someone else's story. These people had been where I was. But they were smiling. They had energy. They had something I desperately wanted. And for the first time in a long time, I felt hope.

So, I kept going. I started talking to people—or rather, they talked to me (thank God they did). I got a sponsor. I worked the steps. And little by little, the panic attacks lessened. Imagine that.

AA has taught me more about myself than I ever thought possible. I've learned I'm a perfectionist—the kind who won't even try something if I don't think I'll be the best at it. In 2018, I became a certified yoga instructor, but I didn't teach for months. Fear held me back. I wanted to be perfect without putting in the work.

But AA taught me how to walk through fear.

I finally taught a class. Then another. And another. At first, every mistake felt like a failure, but I learned to laugh at myself. Now, when I mix up my rights and lefts during class, I make a joke, and my students and I laugh together.

AA has given this painfully shy girl real confidence. Confidence to try new things. To be myself. To speak up when I would have stayed silent. To embrace mistakes instead of fearing them. To show up fully in my own life, without needing alcohol. Confidence to face the unknown, to trust myself, and to keep growing—one day at a time.
And for that, I am endlessly grateful.

-Anonymous



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# HELP WANTED

## -Group Events/Calendar Team

WE'RE LOOKING FOR VOLUNTEERS TO KEEP OUR FELLOWSHIP CONNECTED AND THRIVING. IF YOU ENJOY ORGANIZING DETAILS OR BRINGING PEOPLE TOGETHER. WE HAVE A PLACE FOR YOU!

#### -Calendar Coordinator

LOVE KEEPING THINGS ORGANIZED? WE NEED SOMEONE TO HELP MAINTAIN THE DISTRICT 5 CALENDAR AND HELP COMMUNICATE WITH LOCAL GROUPS TO KEEP EVERYONE INFORMED ABOUT UPCOMING EVENTS. THIS ROLE ENSURES THAT MEETINGS, WORKSHOPS, AND GATHERINGS ARE WELL-COORDINATED AND ACCESSIBLE TO ALL.

## -Event & Activities Volunteers

WANT TO BE PART OF SOMETHING BIGGER? HELP PLAN AND **ORGANIZE DISTRICT 5 EVENTS!** 

- ANNUAL EVENTS: THE SOUP & SPEAKER WORKSHOP (WINTER) AND THE FELLOWSHIP HARVEST FESTIVAL (OCTOBER) ARE GREAT OPPORTUNITIES TO SERVE.
- 2026 STATE ROUND-UP & FALL ASSEMBLY (FARGO): WE NEED A STRONG TEAM TO HELP HOST THIS MAJOR STATEWIDE EVENT!

No experience? No problem! If you're willing, we'll support you. Step into service and make a difference!



Interested? Reach out today! Events@ndd5aa.org

## Two Big Books?

Alcoholics Anonymous now has two Big Books; the original, written in 1939, and 'Plain Language', just released. It baffles me that GSO (General Service Office) in New York would rewrite the Big Book when in the Preface, among other places, it states 'Because this book has become the basic text for our Society and has helped such large numbers of alcoholic men and women to recovery, there exists strong sentiment against any radical changes being made in it.' It appears that the justification for the Plain Language Big Book is to call it 'A Tool for Reading Alcoholics Anonymous.' Nevertheless, the Big Book has been re-written. We were, told time after time by our GSRs that New York was not changing the Big Book, they were clarifying 'certain terminologies.' When researching the reasoning for the Plain Language Big Book, I came across this 2021 Conference Resolution, (google 'Plain Language Big Book', scroll down to AA87.org). In part, it states: 'A study was done in the US to find out the

literacy level of people. Literacy means the ability to identify or evaluate one or more pieces of information, which requires different levels of interpretation of a text. Experts have assessed the level required to read and understand the text of the Big Book. They have determined that it corresponds to level 3 on a scale of 5. According to studies conducted in the US, 48% of the population was at a level 3 or higher. This meant that 52% of the population would not be able to sufficiently understand what is written in the Big Book.' (You notice they felt the need to define 'Literacy' in that statement). In addition, the inside jacket notes of the Plain Language Big Book state, 'The Plain Language Big Book has been written to present the original ideas and same spiritual message of the Big Book, Alcoholics Anonymous.' I'm sorry, no book but the original Big Book can 'present the-

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original ideas and same spiritual message'. The text Alcoholics Anonymous has been saving lives for over 85 years. Why did it need to be interpreted or clarified? Isn't that what a sponsor is for? In the Plain Language Big Book, Bill's Story does not contain a single sentence that he wrote, yet it's written in the first person as if those are his words; also, Bill's name is at the end which implies he wrote it. How can GSO get away with this? In Chapter 3 of the Plain Language, the verbiage 'pitiful and incomprehensible demoralization' doesn't exist, it has been revised to '...we feel like we have failed completely in our lives and may never be worthy again.' One is very different than the other and completely diminishes the original intent. The jaywalking story is now a woman. How is this helping the reader to understand the Big Book? Who cannot understand the original version when it was a man? Examples like this are abundant from page 1 to the end. This is an abomination. It's an insult. It's a complete misrepresentation of what's in the Big Book, and it dilutes the AA message. What's worse is that it is AA approved literature. What is the newcomer thinking? "They can't even understand their own book, so they had to dumb it down?" Can the message from New York be any more confusing? AA will never be the same since this debacle. I understand groups are now buying Plain Language Big Book for their book studies. The only book written for recovery from alcoholism is the one written by the original 100 alcoholics IN THEIR OWN WORDS, not an interpretation by who knows who. It appears egos were involved in the rewrite. Is that playing God? What do you think? –Malcolm G.

**MARCH 2025** 



I WAS BORN AT A YOUNG AGE

I WAS BORN AT A YOUNG AGE. ETC. I DON'T NEED TO TELL YOU THE REST BECAUSE IF YOU'RE READING THIS YOU PROBABLY LIVED IT YOURSELF. MY STORY IS UNIQUE IN SOME WAYS BUT IT'S THE SAME IN MANY MORE. OUR COMMONALITY IS THE DISEASE, EFFECTS, AND SUFFERING OF ALCOHOLISM. AND IT'S THIS SHARED EXPERIENCE, AND WHAT HAPPENED IN MY LIFE, THAT I WILL SPEAK TO YOU ABOUT. PEOPLE AREN'T MEANT TO BE ALONE. PEOPLE SUFFER WHEN THEY'RE ALONE AND SUFFERING BEGETS SUFFERING. HOWEVER YOU ENDED UP IN THE SUFFERING SPIRAL, AND WHATEVER "ALONE" LOOKED LIKE FOR YOU, IT CAN BE ASSUMED THAT YOU HAVE USED ALCOHOL AS A REMEDY TO THAT SUFFERING. AND THIS WAS THE FINAL SPIRAL INTO THE DEEPEST ABYSS. THIS ABYSS IS SOMETIMES KNOWN AS THE "GIFT OF DESPERATION."

GIFT. SURE. THANK YOU.

OF COURSE, I KNEW AA WOULDN'T WORK. HOW COULD IT? I HAD TRIED EVERYTHING. BUT THE

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BUT THE ABYSS WAS SO DEEP AND HOPELESS THAT ONE THING FAILING ME WAS AS GOOD AS THE OTHER AND AT LEAST IT KEPT ME FROM BEING ALONE. SO I WENT TO THE MEETINGS. EVERY NIGHT FOR 4 MONTHS.

THE PEOPLE AT THE MEETINGS RECOGNIZED THE DILEMMA I WAS IN. THEY SAID THEY HAD A WAY OUT. I DIDN'T BELIEVE THEM. WITH NOTHING COMPELLING ME EXCEPT THE FEAR OF MY OWN THOUGHTS I LISTENED TO THEIR WORDS AND DID THE THINGS SUGGESTED OF ME. I NEVER THOUGHT IT WOULD WORK.

THE FIRST YEAR WAS HELL. THE SECOND YEAR WAS ALSO HELL. BUT THEN, FINALLY, THE SUN PEEKED THROUGH. IT WASN'T THE BEGINNING OF THE END BUT IT WAS THE END OF THE BEGINNING. TWENTY-FIVE YEARS OF USING CHEMICAL RELIEF AS A WAY OF LIFE HAD TAKEN ITS TOLL AND IT TOOK SOME TIME TO HEAL. BUT IT STARTED TO WORK.

I DON'T KNOW WHY IT WORKS, I JUST KNOW HOW IT WORKS. IT'S SIMPLE. FIND THE PEOPLE THAT THE PROGRAM IS WORKING FOR. LISTEN TO THEM. USE YOUR MIND AND SENSES TO PARSE THE LITANY OF THINGS RANDOM PEOPLE WILL TELL YOU THAT YOU "NEED" TO DO. LISTEN CLOSELY TO YOUR FIRST FRIEND, YOUR SPONSOR. GET A SPONSOR, GET A HOME GROUP, GET A COMMITMENT AT YOUR HOME GROUP. THEN FIND A FRIEND. THAT FRIEND WILL SAVE YOUR LIFE ONLY ONCE, AND IT WILL BE CONTINUOUSLY.

BEYOND THE RIDICULOUS CLICHES, RITUALS, THE DILETTANTES, BAD ACTORS, PIMPS, SLUTS, LIARS, NON-ALCOHOLIC LONERS, MORONS, AND VAGRANTS I GOT BETTER. THE POWER OF AA IS THAT IT WORKS DESPITE ALL OF THESE THINGS. AA WORKS BECAUSE OF THE SINNERS NOT THE SAINTS. FIND YOUR KIND OF SINNER.

I AM HAPPIER NOW THAN I HAVE EVER BEEN IN MY LIFE. THE PROMISES ARE ACTUALLY COMING TRUE WHICH IS SOMETHING I COULD NOT BELIEVE WHEN I CAME IN THOSE DOORS. I HAVE REAL FRIENDS AND PEOPLE THAT LOVE ME. I HAVE A GOOD JOB AND CAN SUPPORT MYSELF. I HAVE MEANING IN A WORLD I THOUGHT WAS MEANINGLESS. AND YOU CAN TOO, IF YOU'RE AN ALCOHOLIC, AND IF YOU GET A HOME GROUP, A SPONSOR, A COMMITMENT, AND A FRIEND. —Anonymous



ASK-IT-BASKET

OLIVET LUTHERAN CHURCH 1330 S. UNIVERSITY DR. FARGO

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An AA member might ask: "How much effort should I put into working with others? How often should I call a newcomer? How often should I go to a jail, or a treatment center, or an AA meeting, trying to carry the AA message? How often should I go to AA roundups, conventions? How much time should I spend doing service work?

I think of Bill Wilson in the Mayflower Hotel lobby putting coins in the pay-phone. He was making phone calls—and calls and calls. He didn't just make two or three on the day he finally got hold of Reverend Tunk, who introduced him to Henrietta Seiberling who introduced Dr. Bob to him. No, Bill made a bunch of calls on a pay phone in a hotel lobby— "cold-calls," calls to people he didn't know, who didn't know him or anything about him quitting drinking.

I think of what Bill W. wrote that sometimes when waves of self-pity and depression would threaten him, he'd go into a hospital and talk to someone who wanted to quit drinking, and Bill would be strangely, magically, somehow put back on his feet, and everything would be well with him.

An older long-time sober member in AA who had spent quite a bit of time with Bill Wilson told me a story about Bill.

Most people don't know this story, but it's true.

He said Bill W. told him that when he was in the hospital for drinking— again—the doctor, Dr. Silkworth, came in to see him. The doctor had tried his best to help Bill in the past. This

time the doctor was kinda frustrated with Bill W. the frequent-visitor-drunk, and told Bill: "There's a young man down the hall in another room who is in here for drinking, like you, Bill. Go talk to him—tell him what happens —show him what happens if a person doesn't stop drinking."

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So, Bill went down to talk to the young guy and said things like "Kid don't do it-don't keep on going the way you're going. It's a bad life. Look at me-I keep getting drunk and getting put back here in the hospital. My life is awful," etc.

Then Bill went back to his hospital room, and he shouted out in anger and depression: "If there's a God show yourself!!" and had his famous spiritual experience.

So basically, Bill had a spiritual experience after working with a new guy.

Again, I believe most people don't know that story, but Bill W. told it to my friend, my friend told me, so I'm passing it on.

So yeah, working with others is important. It got Bill Wilson sober and then led him to meeting Dr. Bob and starting AA.

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Oh, that's right—-There were a number of months between Bill having his spiritual experience in the hospital and meeting Dr. Bob. What did he do during these months? Why, he worked with others. He carried the message the best he could, talking to all kinds of drunks. This was before AA, so I suppose his message was something "I quit, there's a God who helped me, I pretty much saw him in the hospital, and you can quit drinking, too!"

Discouraged after no one sobered up for months and months, he said to his wife "No one sobered up! Nobody stayed sober!"

Lois said "But you did, Bill. You stayed sober."

So, there's "the payoff." If I try to carry the message like Step Twelve says, I'll stay sober. Step Twelve says, "Having had a spiritual awakening as a result of the steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs."

Doesn't say "...we carried the message," or "... we successfully carried this message," or it especially doesn't say "...we carried the mess."

We want to carry the message, not the mess. The first part of the Step says, "Having had a spiritual awakening...". Well, if I haven't had one of those, it's kinda hard to carry that message, right?

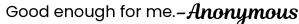
I asked my long-time sponsor about doing Twelfth-Step work, working with others. I had been doing it for years and said it didn't seem like I was helping anyone.

He told me a story: There was an old man walking on an ocean beach after a big storm had blown up thousands and thousands of starfish onto the sand. He would stop every once in a while, and pick up a starfish and look at it and then throw it back into the surf of the ocean. A little boy came along and saw the old man picking up a starfish every once in a while and throwing it into the ocean. The little boy said, "Why are you throwing a few starfish into the ocean?! There are thousands and thousands of them on the beach here! What you're doing doesn't matter!

The old man picked up another starfish, looked at it, and turned to the little boy, and said, "It matters to this one," and threw the starfish back into the ocean.

I persisted, and questioned my old-timer sponsor: "But what benefit do you get trying to help alcoholics all the time?"

I can see him now like it was yesterday, and this was some twenty-five years ago. The old man said, with a smile and bright, twinkling eyes: "I get to sleep at night."



WHEW! THANK GOD!





CAMPAARAMAA MAY 23-26

LAKE BRONSON STATE

GALILEE BIBLE CAMP-NO REGISTRATION **7TH TRADITION FIRST COME FIRST SERVE** 

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March Issue- Dakota Lantern

I attend regular meetings of the BYOBB group that meets on Monday nights at 7:30PM. The format of this meeting is to read through the first 164 pages of the big book. There is a main speaker each week who reads through whatever section we are at in the big book, shares for about 10 minutes, and then opens up the meeting for people who would like to come up and share on the reading. I love the format of this meeting because it allows me to hear different perspectives, stories, experiences, and gain a new understanding of my own experience whether it be from my past or my present.

Last week in particular. We were reading through Chapter 9: "The Family Afterward." The section in the pages we read that stood out to me the most was. "But he must see the danger of over-concentration on financial success. Although financial recovery is on the way for many of us. We found we could not place money first. For us. material well-being always followed spiritual progress: it never preceded." Why this stood out to me so much is because this is something I'm currently working on and struggling with realizing I'm over-concentrating on my financial success. I realize I am unintentionally trying to play catch-up financially, through all the years of me putting substances before my well-being, family, friends, and career.

I spoke with my sponsor about what stood out to me in the meeting and read her that section in the book. She was elated to hear I was able to make the connection to what I have been frustrated with in my life presently. She suggested that I do a 10th step on this, so I did. We talked through the facts and left out the feelings. She also suggested that possibly my ego is the driving force of this expectation I have for myself right now.

One thing I have to remind myself is that there is no timeline for when things need to be "done" and that the timeline I'm on now is out of my control. There are no expectations my higher power has of me to be financially successful: that is a narrative I've told myself. What I can continue to grow in and work on is the spiritual progress with my higher power and myself. including those around me. Whether that be co-workers, family, friends, my sponsor, etc. It was a great reminder as the book states. "Material well-being always followed spiritual progress: it never preceded."

My point in writing all of this is to hopefully shed light on how my ego and expectations I have of myself can quickly become a clouded allusion of the truth. The truth being: I'm right where I need to be.  $-Annika\ K$ .



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FARGO AA WEBSITE
(DISTRICT 5)



LINK TO STATE OF NORTH DAKOTA AA WEBSITE (AREA 52)



LINK TO NATIONAL
AA WEBSITE
(AA.ORG)

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#### **MARCH 2025**

## Willingness to be Willing

You may have already heard: Pray to your higher power for the willingness to be willing. That is what my sponsor just recently suggested for me during one of our one-on-one meetings.

I heard someone once say, we would do anything to go to the bar and get drunk so we need to put the same effort, perhaps more, to stay sober one day at a time. Early in recovery, I was not willing to do everything necessary to stay sober. Therefore, I did not stay sober. In fact, for years I made it my mission to prove that I could drink like a "normal" person. I tried every alternative to drinking and nothing worked.

What does willingness look like to me today? For me, in the winter months especially, I may have to walk about I plus miles to make a meeting that is held at the clubhouse. If I am struggling, I find it helpful to attend at least one meeting that day. Sometimes, depending on the day, I will choose to stay for more meetings.

I have a commitment to open up at the Lighthouse for a meeting on Thursday in the early afternoon. One day, I had just gotten discharged from Sanford psych and literally walked from there to my meeting just so I could keep my commitment. If only I had learned this sooner: to put twice the effort into staying sober as I did to get drunk.

-Anonymous

#### **TRADITION 3: (LONG FORM)**

TRADITION 3: (LONG FORM) "Our membership ought to include all who suffer alcoholism. Hence we may refuse none who wish to recover. Nor ought A.A. membership ever depend upon money or conformity. Any two or three alcoholics gathered together for sobriety may call themselves an A.A. group, provided that, as a group, they have no other affiliation." (Twelve Steps and Twelve Traditions, pg 145). In yet another manifestation of our principle of Unity the Third Tradition asserts clear and irrefutable guidelines for AA membership. Like all of our Traditions, this was hammered out on the anvil of experience; it was only through strife and struggle that our society was able to come to these ends. In the early years of AA, many groups had a litany of rules and regulations for membership. Some took attendance, required various forms or displays of commitment before membership was obtained, and some even, politely, asked individuals not to attend if they continued to drink or had a slip. Yes, in the beginning there was perhaps no better example of our lack of unity and organization than the spectrum of rules for membership amongst groups. Blessed by those who came before us, we are afforded today the grace to proclaim anyone who suffers from alcoholism, by their own personal admission, can be a member of Alcoholics Anonymous. So what more needs to be said? One thing to consider lies in the difference between the short and long form of the Tradition; specifically the "...a desire to stop drinking" and "suffering from alcoholism". Is it possible this variation in language could impact our society? It behoves our current membership to follow the guidance provided in our 'Big Book', Alcoholics Anonymous. We have a duty, outlined in this Tradition, to share our experience about the moderate drinker, the potential alcoholic, the continuous hard drinker, and the real-

# PROFESSIONAL COMMUNITY LUCHEON (COMMUNITY)

Learn about what Alcoholics Annonymous is and isn't

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#### TRADITION 3: (LONG FORM) cont.

alcoholic. This is what affords the prospective member, suffering from the disease of alcoholism, to identify with the disease of alcoholism. This is the rallying point offered in the Third Tradition; provided by our current membership with an opportunity to identify, anyone suffering from alcoholism, with a desire to stop drinking, can call themselves a member of Alcoholics Anonymous.

Concept 3:

To ensure effective leadership, we should endow each element of A.A.—the Conference, the General Service Board and its service corporations, staffs, committees, and executives—with a traditional "Right of Decision."

As was stated in Concept II "The group conscience of A.A. could not be heard unless a properly chosen Conference were fully trusted to speak for it respecting most matters of world service. Hence the principle of amply delegated authority and responsibility to "trusted servants" must be implicit from the top to the bottom of our active structure of service."

We can all agree the 93 Area Delegate's are the communication link between the area groups, their members and the General Service Conference. In this members opinion, it would be unwise to instruct the Delegates with an order on how to vote on Conference agenda items. Many times, there are contentious and important items to be voted upon at the Conference and they have been discussed extensively at Area meetings. We may feel at times it is necessary to instruct our Delegate with a voting ultimatum. But, when our Delegate arrives at the Conference she may find other Area Delegates have vastly different viewpoints concerning an item than our Area has. The Trustees, Non Trustee Directors and select Staff also provide additional insight. Our Delegate, armed with this new information may feel her Area's decision may not be the best choice for our fellowship.

The General Service Conference procedure of Delegate committee agenda item review, leading to that committee's

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recommendations on the items followed by robust discussions and ultimately the Conference vote. Even then the discussion may not be complete! We may have a minority opinion that convinces someone in the majority to reconsider and possibly start the entire discussion again! It may sound a little erratic, but the beauty of this Conference process is through the active, and sometimes heated, conference discussion, we hopefully arrive at the informed group conscience we are in search of. Therefore, our Delegate must be given the "Right of Decision". As Bill stated "the "instructed" Delegate who cannot act on his own conscience in a final Conference vote is not a "trusted servant" at all; he is just a messenger." In addition, each Area must be aware our Delegate's focus is on what is best for AA as a whole and secondarily he represents the Area.

Our trusted servant should also be aware that she will need to explain to the Area why she voted the way she did on the agenda items. Bill wrote "This Right of Decision should never be made an excuse for failure to render proper reports of all significant actions taken; it ought never be used as a reason for constantly exceeding a clearly defined authority, nor as an excuse for persistently failing to consult those who are entitled to be consulted before an important decision or action is taken."

The "Right of Decision' must be extended to all Conference members to include Trustees, Non-Trustee Directors and GSO voting staff. When writing about the Conference process and its voting members Bill stated "If the Conference does not function well, the groups can send in better Delegates. If the Trustees get badly out of line, the Conference can censure them, or even reorganize them. If the Headquarters' services go sour, the Trustees can elect better directors and hire better help."

We must trust our elected representatives to lead and serve our fellowship! Thus, we offer and support them with the "Right of Decision".

10/10