



Region 5 Chair

Hi All,

I know that I am grateful that this past year that came to an end. As we moved into 2022, I am doing things to assist my own personal recovery, checking out other meetings (states & world), starting after the first of the year, I'm doing a back-to-basics workshop for 15 weeks using the green 12 step study guide. If you are struggling with your 4th or 10th step, check out this book.

So here I am, thinking about what we can do as a region, since we are not meeting F2F. (Face to face) What would you like to see happen in YOUR Region? We already offer workshops, calendar and convention. What else would you like us as a region to help us and others in our recovery.

For our afternoon sessions in March, the Outreach Committee of the Whole, we will be looking at the things that you want see happen in your/our region for the next year. Do we want to keep the same committees this year, what have we accomplished, future plans? What success has your group had this past year?

We have a wonderful opportunity for this next year to share our recovery with each other. We always say to the newcomer that they are the most important person in the room but I think that we are all the most important person in the room. I have to admit that I am isolating, scared to be around people, sad.

Please reach out to each other. Call each other, text, WhatsApp. I have reached out to people that I really didn't know and enjoyed making new friends. See you in a couple of weeks.

Your trusted servant, Eileen