



DISTRICT 4 Mid Southern California Area 09

Panel 76

January 7, 2026



SERENITY PRAYER

**God grant me the serenity
To accept the things I cannot change;
Courage to change the things I can;
And wisdom to know the difference.**

GSR PREAMBLE

We are the General Service Representatives. We are the link in the chain of communication for our groups with the General Service Conference and the world of A.A.

We realize the ultimate authority is a loving God as he may express Himself in our Group Conscience. As trusted servants, our job is to bring information to our groups in order that they can reach an informed group conscience. In passing along this group conscience, we are helping to maintain the unity and strength so vital to our fellowship.

Let us, therefore, have the patience and tolerance to listen while others share, the courage to speak up when we have something to share, and the wisdom to do what is right for our group and A.A. as a whole.



WELCOME PANEL 76!

Thank you for your service, we are so happy that you are here!



GUESTS, VISITORS, & NEW GSRS

Please introduce yourself and tell us where you're from!

TRADITION ONE CHECKLIST

[Source: aa.org](http://aa.org)

Tradition One: Our common welfare should come first; personal recovery depends upon AA unity.

1. Am I in my group a healing, mending, integrating person, or am I divisive? What about gossip and taking other members' inventories?
2. Am I a peacemaker? Or do I, with pious preludes such as "just for the sake of discussion," plunge into argument?
3. Am I gentle with those who rub me the wrong way, or am I abrasive?
4. Do I make competitive AA remarks, such as comparing one group with another or contrasting AA in one place with AA in another?

(Continued on next slide)

TRADITION ONE CHECKLIST

[Source: aa.org](http://aa.org)

5. Do I put down some AA activities as if I were superior for not participating in this or that aspect of AA?
6. Am I informed about AA as a whole? Do I support, in every way I can, AA as a whole, or just the parts I understand and approve of?
7. Am I as considerate of AA members as I want them to be of me?
8. Do I spout platitudes about love while indulging in and secretly justifying behavior that bristles with hostility?
9. Do I go to enough AA meetings or read enough AA literature to really keep in touch?
10. Do I share with AA all of me, the bad and the good, accepting as well as giving the help of fellowship?

CONCEPT I Checklist

[Source: aa.org](http://aa.org)

Concept I: Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.

- Does our group have a general service representative (G.S.R.)? Do we feel that our home group is part of A.A. as a whole and do our group's decisions and actions reflect that?
- Do we hold regular group conscience meetings encouraging everyone to participate? Do we pass that conscience on to the district, area, or the local intergroup meetings?
- Is the "collective conscience" of Alcoholics Anonymous at work in my home group? In my area?
- Where do we fit in the upside-down triangle of A.A.?
- Are we willing to do what it takes to insure that our democracy of world service will work under all conditions?

MINUTES REVIEW & APPROVAL

December business
meeting minutes



OFFICER REPORTS

District 04 Committee

Member Chair (DCMC)	Titus D.
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Alternate DCMC	Samantha C.
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Secretary	Julie G.
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Registrar	Maxwell K.
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Treasurer	Kim S.
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MID SOUTHERN CALIFORNIA AREA 09 UPDATE

- Panel 74 said goodbye! New district officers, DCMs, and committee chairs will be asked to introduce themselves at next area meeting (January 11th - more info to come in next slides)
- Motion A: "Beginning with Panel 76, starting in January 2026, all Standing Committee Chairs will be expected to attend Area 09 meetings (both ASCs and ASAs) in-person rather than virtually, except in emergencies, in which case the Chair will find someone (preferably an Alternate Chair) to physically attend the meetings." - [bring your group's vote to next area meeting](#)
- Motion C: "Add Article VIII, "Finance Policies and Procedures" to the existing Area guidelines." Introduced by the Area Finance Committee as a formal statement to guide the Area on the process and time requirements of expense reimbursement in order to ensure accurate budgets and representations of financial standing. - [bring your group's vote to next area meeting](#)

Service Sponsorship

“As rewarding and enjoyable as general service can be, you might find yourself feeling overwhelmed at times. A service sponsor can make the difference between struggling in your service position and feeling a sense of purpose and accomplishment (and having some fun along the way!).

A service sponsor is there to answer your questions about your responsibilities, the structure of general service, the Twelve Traditions and Twelve Concepts, and how to apply them, and making reports to your group. They can share experiences on managing time and expectations. Simply put, the service sponsor is there to help.”

-AA Service Manual, p. 9-10

Area Service Assembly

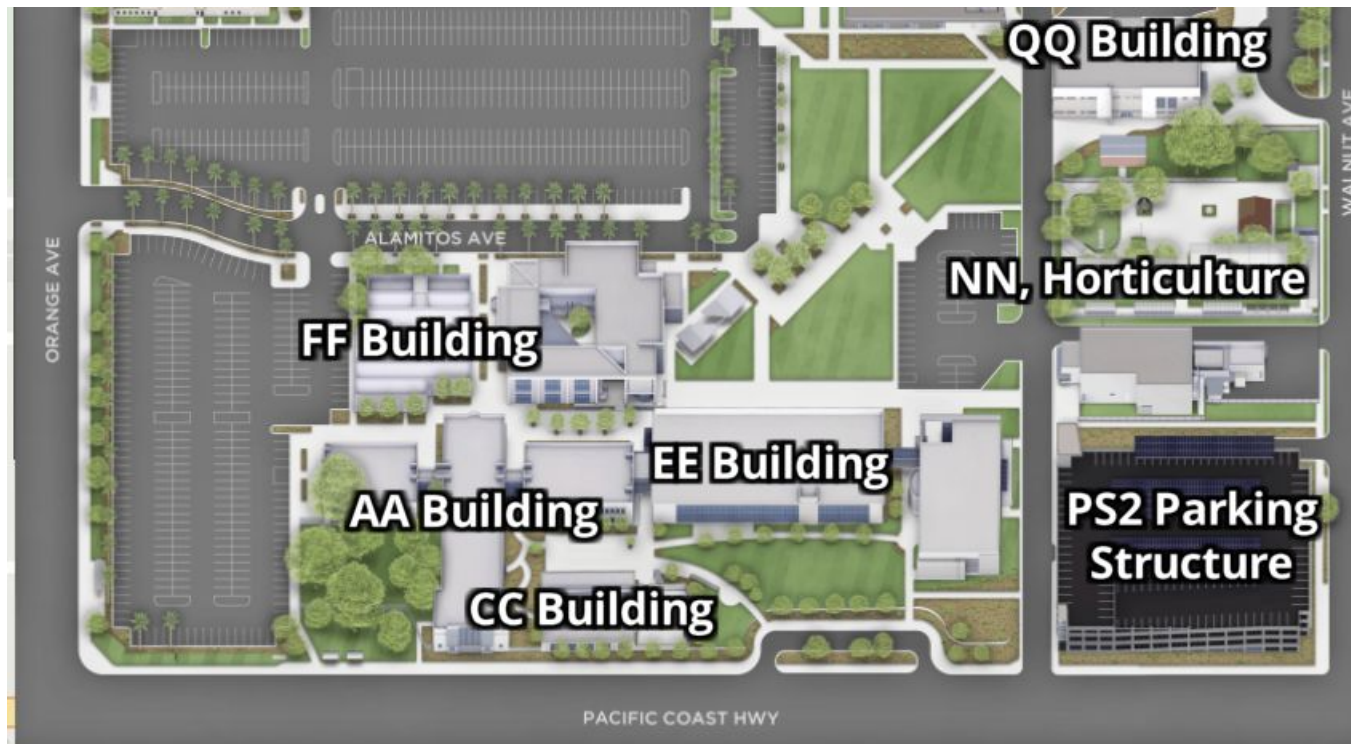
January 11, 2026

9AM-3PM

Arrive at 8:30 for
registration

Lunch served

\$7 contribution



LBCC Trades, Tech, and Community Learning Campus

1305 E. Pacific Coast Highway

QQ building

PARKING MAY REQUIRE QUARTERS

Video Flyer



Registration is open
aa.org/regional-local-and-special-forums

Special Online Forum for Deaf
Alcoholics Anonymous Members

Saturday, January 17, 2026

9 a.m. - 5 p.m. (PDT)

12 p.m. - 8 p.m. (EST)

A Language and Cultural Special Forum for Deaf A.A. Members who use
American Sign Language (ASL), Langue des Signes Québécoise (LSQ) &
Lengua de Señas Mexicana (LSM)

Panel 1: Deaf A.A. Community Culture & Language

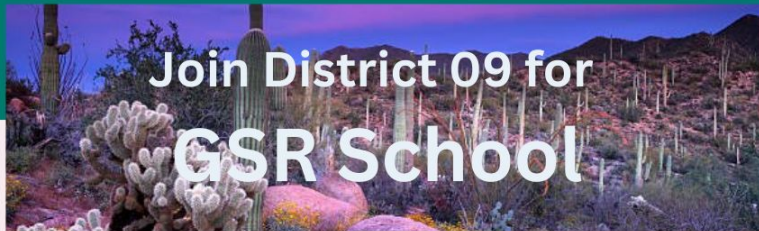
Panel 2: Is A.A. Accessible for Deaf Members?

Panel 3: Interpreters, Safety & Inclusion

Panel 4: Your Connection to the Office/General Service Board

Panel 5: What Resources are Available?

Town Hall: How Can A.A. Improve?

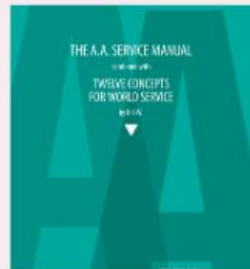


Learning the **Service Manual**, together!

A 2-year journey through the **AA Service Manual**. This isn't just "read the manual." It's an interactive learning experience, where each month we'll study one chapter, with time for questions, discussion, and shared learning. It's a chance to deepen your understanding, strengthen your commitment to service, and grow as trusted servants.



**Starting January 18, 2026,
the 3rd Sunday each month @3pmPT**



Online

Meeting ID: 928-8170-4093

PW: 642408

KISSAR



Spaghetti Dinner & Cake Auction

Fundraiser 2026

OUR SAVIOURS LUTHERAN
CHURCH
370 JUNIPERO AVE
LONG BEACH, CA, 90814

Scan QR Code to Volunteer:



Sunday, January 18th

\$10 SUGGESTED DONATION

5PM- DOORS OPEN
5:30PM- DINNER IS SERVED
6:30PM CAKE AUCTION
7:30-9PM SPEAKER MEETING



"Finding Common Ground"

February 27 – March 1, 2026

- Hilton Hawaiian Village,
Waikiki Beach, Oahu
- PRAASA room rate **\$394**
- REGISTRATION REQUIRED @
praasa.org/registration/

REGISTRAR

- All new GSRs, please contact Maxwell for info about completing NEW GSR form.
- New GSR forms may be returned in person or via email to registrar@longbeachaa.org
- **Reminder:** Attending GSR meetings is essential to your commitment. Please remember that repeated absence from these business meetings will be received as a resignation.

TREASURER'S REPORT

YPAA VISITOR

Committee Chair Elections

<https://www.longbeachaa.org/#sc4>

NEW BUSINESS

- Is there any new business?

The background of the slide is a dark teal color, densely populated with a repeating pattern of speech bubbles. Each speech bubble is a different color, including shades of red, yellow, purple, and grey. Inside each speech bubble is a large, dark blue question mark. The speech bubbles are scattered across the entire frame, creating a textured, busy background.

GSR CONCERNS

Any topics you'd like to discuss?



ANNOUNCEMENTS

The next District 04 Business Meeting will
be on **February 4**, 2026 (7pm - 8:30pm)

A.A. BIRTHDAYS!!



A.A.'S
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.

UPCOMING EVENTS

- **MSCA 09 Committee
Sharing Session 3rd
Thursdays (6:30-7:30pm)**
- Virtual Only:
<https://us06web.zoom.us/j/87366078505> Meeting ID 873
6607 8505 with passcode:
Area09p76.