What an appropriate theme for our 2022 World Service Conference, Enhancing Our Recovery Through Abundance, Unity and Understanding. Abundant by its very nature! Just thinking about it Enhances Our Recovery.

My recovery, however, takes more than thinking, especially considering my best thinking got me here. What I needed is not only a new way of thinking, but a better way of living. It is written about in the Courage to Change on my birthday reading. Albert Schweitzer said, “the only ones among you who will be really happy are those who have sought how to serve.”

Fortunately, I was introduced to our Third Legacy, Service, early in my recovery. Members of my home group asked me to join them on an upcoming Saturday at a “District Meeting.” I was excited about going because I needed to get out of the house! I soon found out that a District Meeting was more than a ride in the beautiful state of South Carolina and a great covered dish lunch. I was handed what has become an indispensable tool for enhancing my recovery, the Al-Anon Alateen Service Manual.

Even though I have read the Service Manual cover to cover, every time I open this very spiritual book, I learn new things. For me, this is where the Abundance lives. There always seems to be a nuance, an interpretation, a policy, a practice, or a concept that I have either forgotten, overlooked or never knew. What a deep well this is that is always flowing.

As I sit here still writing on the submission date for this special privilege, it occurs to me that I have not been procrastinating, I just haven’t finished yet! I have been asking my Higher Power for help, trusting the process. This morning I started with my usual practices; prayer, meditation, and reading my daily reader. I feel a profound sense of Unity with my fellow Panel 60 delegates and the Al-Anon/Alateen membership around the world, many of whom are engaging in the same practices. And here it is, right in front of me on the page in Today’s Reminder. “There are many ways in which I can improve the quality of my life. Instead of fretting about what I cannot have or cannot do, I’ll take action to create something positive in my life today”

In Abundance, Unity, Understanding and Gratitude,

Bob Colborn

Panel 60/South Carolina