

District 22 Newsletter

April 2019



District Meeting Tidbits

THIS TOO SHALL PASS

CALENDAR OF EVENTS



THE CORNERSTONE

“Pause, but for how long? Focus on the time to pause.”

April 6 Talent/NoTalent Show
Ask your GSR for Tickets - \$5.00

About April...

District Meeting Tidbits

With 11 GSRs, 14 Trusted Servants and one guest, the meeting started promptly at 7 PM.

Lori wanted everyone to put April 17, 6:00 pm, Wednesday, on their calendar. The District is heading to Forks!! Carpool as much as you can. David was in from Forks to welcome everyone to 11 South Forks St.

On March 26 Scott Celebrated 22 Years!! Congrats.

Like to thank Richard P for stepping up to accept being Chair of Archives!! Welcome aboard, Richard. Terry P has volunteered to stay and help get Richard off on a good start (thanks Terry!).

Diane K, Accessibilities, will be working with nursing homes in the area to see if they have any need for AA or would like a panel to come speak. Tommy said they were still taking meetings in to Stephen.

Activities would like to encourage everyone to attend one of their monthly meetings; meet 2nd Sunday of the month at 3:30 pm at TAFY. Linda is looking for people to be on the Activities committee. Many hands make small work as the saying goes.

Danny indicated there is a new administrator at the treatment center. New procedures are in place for volunteer applications. To be a volunteer, doing AA meeting, you must have one-year sobriety. Do not have to re-apply if approved in the past. Check with Danny for the full list of requirements if interested.

After bills were paid the District has \$1,094.38 in the bank.

**Smell the flowers and blow out the candles.
Breathe in, Breathe out**

As we begin to recognize that it is Spring—and that summer is on the way—an old-fashioned song come to mind? “Though April Showers may come my way. They bring the flowers that bloom in May.....” Now isn’t that the truth? Showers, which may be a light sprinkle at times and a real deluge on other occasions, are just a natural part of the weather which does bring the growth we anticipate.

So, it is with our own emotional cycle of growth. This is the month to remember that the disappointments and displeasures are like that light rain that falls—we refer to them as “the blues.” And, by the same token, we may have heavy heartbreaks, sorrows and despairs which can seem to overwhelm us like an unstoppable flood. But, just as in nature, the sky clears and the sun returns—or, as in the song above, the flowers bloom in May. If only we could remember during the storm that, “This, too, will pass.”

Cont’d page 2, “April”

Step 4 – “Made a searching and fearless moral inventory of ourselves.” Even though I am still fairly new in sobriety, I won’t ever forget how I felt the first time I ever did this. All the people, places and things I had put myself and others in harm’s way. And I didn’t think twice, didn’t comprehend or pay attention to what extent or how bad things could get or could have been.

I feel very grateful today. Everyday is a tiny adventure. My first drink/drank was at 7 years of age, my first job rolling joints at 10 years old. By 13, I was a “grown-up” and drank all the time.

Getting sober and learning about myself was scary business. Let alone getting choices! Making choices and having choices of my very own was extremely difficult.

Cont’d page 2 “Step

April

Bill Wilson, wrote a letter in which he said, "When pain comes, we are expected to learn from it willingly, and help others to learn. When happiness comes, we accept it as a gift, and thank God for it." So goes the cycle of life!

"Thoughts to Ponder", by Barb

Step 4

Learning to be myself, loving myself and living with myself was incredibly difficult.

And every day I wake up so grateful I don't live for someone else or be told what to do or how to feel. Today I have choices, sometimes I walk a county mile before I can change my choice!

Sometime I even get myself in situations and then realize I need to change my choice. Sometimes I will clean my heart out and realize I do have choices.

As long as I keep one foot in front of the other and don't pick up or use, I get to live life. One day at a time. Love life. Live and love myself in the comfort of Alcoholics Anonymous and friends that I now call my family.

Thank you for my sobriety. AA Birthday is April 9, 2016!

As I See It, by Amy K.

More Step 4

I was very slow getting that first fearless and thorough inventory done. Not only did I suffer from perfectionism and procrastination, but things were getting better – at least on the outside. But many of the old ideas and behaviors weren't changing and I knew I was on thin ice.

It was a distraught friend that made the difference. Her son is one of us, and listening to her describe his life and seeing the toll it was taking on him, caused the penny to finally drop. That's how I must have looked to my family, employers, neighbors, and others! They must have had those tearful conversations with friends about me too: not to mention the lawyers, doctors, and counselors.

That's when I got out of the "but what about all those truly crappy things that happened to me" thinking and started to look at my part. I wrote out all the questions in the Twelve and Twelve and did the resentments, fears, and sex inventories as suggested. I was surprised to see how much stuff I'd been carrying around, but it was my inventory, in my writing. (No getting around it, the proof was right in front of me to see). When I'd get stuck, I'd write at my sponsors – and raid his refrigerator. He added a few other questions too, because he knew my past. And I'm grateful that he did.

Amazing things happen when we put pen to paper, and I could see how this was going to be different from therapy or any of the other things I tried before. The same things kept coming up again and again, and those "character defects" were blocking me from the sunlight of the spirit, drunk or sober. The damaged and unsalable goods would have to go, but there was no chance of that happening until I got an honest picture of what they were.

That last column, the list of assets, and my Fifth Step brought it all home for me and I knew that I'd gone from the dangerous outskirts of A.A. to believing that this just might work for me too. And it has.

"As I understand it" by Anonymous



4/2/91 Julie J
4/4/18

Richard P
4/9/2016 Amy
4/10/08 Tami W
4/15/2014 Hala
4/30 Pete P

Send your anniversary sobriety date to: kirkmans@olyphen.com

Fill a night with food & friends. Attend EMRs Potluck & Spkr mtg. Last Saturday of the month.

Attend a West End meeting! They'd love to see you!

UNCOVER – DISCOVER DISCARD

APRIL

5-6 Area Quarterly, Tacoma Sportsmen's Club 15409 Canyon Rd E Puyallup,

06 TALENT-NO TALENT SHOW, Masonic Temple, \$5

13 Treatment Spring Qrtly, 10:30 AM to 2 PM, Bellevue

14 Corrections Mtg, TAFY, 2 PM

14 Activities Mtg, TAFY, 3:30 PM

17 District 22 meeting, Forks

20 Accessibility Qtrly, Oak Harbor,

27 GSR School, Port Orchard 2-6 PM

26-28 Northwest GirlStock, SOLD OUT

April, cont'd

29 Duck In Potluck & Speaker mtg, St. Luke Episcopal Church, 6 PM Sequim

30 EMR Potluck and Speaker Mtg, Veteran's Cntr, PA, 5 PM SPKR: Wes

MAY

12 Corrections Mtg, TAFY, 2 PM

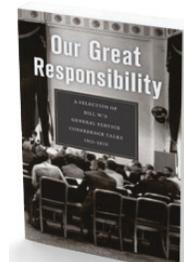
12 Activities Mtg, TAFY, 3:30 PM

15 District 22 meeting, 7 PM, St.

17-19 Olympic RoundUp, see page 3
25 ERM Potluck and Speaker Mtg, 5 PM

31 Duck In Potluck & Sprkr Mtg

ANNOUNCING A NEW BOOK



Our Great Responsibility

Rediscovered wisdom from A.A.'s co-founder: Book comprised of 16 of Bill W.'s talks at the General Service Conference. This is the first original book from AA in over 30 years! Coming in May 2019.

**OLYMPIC ROUNDUP
"RECOVERY
THROUGH ACTION"
MAY 17, 18, 19, 2019**

REGISTER NOW!

www.olympicroundup.org

**ONLINE REGISTRATION NOW
AVAILABLE OR
MAIL CHECK &
COMPLETED REGISTRATION
FORM TO:**

**OLYMPIC ROUND UP COMMITTEE
P O BOX 1081
PORT ANGELES, WA 98362**

**If you want to have meals at
the event, you must
register by MAY 1**

2019 SPEAKERS

Clancy I. Venice, CA.
Steve L. Nashville, TN.
Gemma B. Los Angeles, CA.
Linda P. Los Angeles, CA.
Local Speaker - Linda R. Port
Townsend, WA.
Al-Anon Speaker - David
M. Seattle, WA.
YPAA - (Sober Young In
AA) Richie B. Los Angeles, CA.

**ON-SITE REGISTRATION
OPEN**

FRIDAY:

NOON-8:00 PM

SATURDAY:

8:00AM- 6:00 PM

**VERN BURTON
CONVENTION CENTER
308 EAST 4TH STREET
AT THE INTERSECTION
OF 4TH & PEABODY
PORT ANGELES, WA
98362**

**The Principles
to the
Twelve Steps**

When thinking of the
12 Steps, remember these as
well...

1. HONESTY
2. HOPE
3. FAITH
4. COURAGE
5. INTEGRITY
6. WILLINGNESS
7. HUMILITY
8. LOVE
9. DISCIPLINE
10. PERSEVERANCE
11. SPIRITUALITY
12. RESPONSIBILITY

Things to Know:

**AA Hotline –
(360) 452-4212**

**District 22 Website:
<http://nopaa.org>**

**Area 72 Web site
<https://area72aa.org>**

**AA:
<https://www.aa.org>**

**Is there any "action" in
your exercising? Try
these...**

****Chop wood**, become
enlightened, *chop wood*
****Trudge** the road to happy
destiny
****The hoop** you have to
jump through is a lot wider
than youth think.



The 2020 International Convention of Alcoholics Anonymous will be held July 2-5, 2020 in Detroit, Michigan with the theme "Love and Tolerance is our Code." A.A. members and guests from around the world will celebrate **A.A.'s 85th year** at this event with big meetings held Friday night, Saturday night and Sunday morning in the Ford Field Stadium.

Registration forms will be mailed in August 2019 to all G.S.R.s, central offices, intergroups and international G.S.O.s. Online registration will be available September 9, 2019, on aa.org. Advanced registration for the convention between September 9, 2019 and April 14, 2020 will be \$115.00 (USD) per attendee. Registration after April 15, 2020 will be \$140.00 (USD) per attendee.

Check the website for more info in the coming months: www.aa.org

**We look forward to seeing you in
Detroit!**

FAST OR A NEW WAY TO THINK?

Fast from

- * hurting words and say kind words.
- * sadness and be filled with gratitude
- * anger and be filled with patience.
- * pessimism and be filled with hope.
- * worries and have trust in God.
- * complaints and contemplate simplicity.
- * pressures and be prayerful.
- * bitterness and fill your hearts with joy.
- * selfishness and be compassionate to others.
- * grudges and be reconciled.
- * words and be silent so you can listen.

What was your April Fool's moment that had you going? How long before you caught on? Tell it to a newcomer. It may be what breaks the ice. And for them to come back to another meeting. Smile!