

DISTRICT  
MEETING  
TIDBITS

CAN'T  
FORCE  
SOBRIETY

CALENDAR  
OF  
EVENTS



## District 22 Newsletter

2019 AUGUST



# THE CORNERSTONE

*Integrity - Rooted in the word "integrated", meaning your values and morals must be integrated with your actions.*

### District Meeting Tidbits

It was down to business promptly at 7 PM. Treasurer's Report by Maria; all bills paid. However, we are \$191.78 below the prudent reserve.

Lorrie outlined the GSR Workshop on Saturday, September 3 from 9 AM to 3 PM at Bethany Pentecostal Church here in Port Angeles. Reported that at the Area level, money is up and expenses are down! "Our Stories Disclose", book about the Groups in Area 72, will wrap up the revisions for the next edition in September. If you have history about your home group, talk to Terry P.

Continuing on, Lorri reported we did not get the bid for the 2020 Quarterly...maybe next time.

Becky, Alternate DCM, took over – See the green box to the right!

Accessibilities with Diana: 10 women and 4 men have volunteered to take meeting in to home bound AA members. They are taking a meeting into Park View Villa and next will be to other retirement facilities.

Archives with Richard: Quarterly meeting is August 3 but not sure he can go, Brian volunteered to go in his stead.

Activities was represented by Clair: We're ready! Let the good times roll! Picked up volunteer sheets making calls to all. It's gonna be a fun time.

Corrections by Scott: thanks go to Virginia for the Pink Cans. Tami went to the quarterly for him; all is well. Corrections' ending balance is \$1742.

*See Tidbits page 2*

### About ...August

August—this is the month that makes me think about water: It is an element that becomes more important as the month progresses. Have you noticed that the area foliage is starting to turn brown? If you have a garden, you're well-aware that it needs extra watering to keep it green and growing. And, of course, water can be so relieving when it gets hot. It's a strange and wonderful substance!

How does this relate to our sobriety? Well, we can't grab ahold of water and hang onto it tightly. In fact, the only way we can briefly hold the stuff at all is to cup our hands loosely. That is true of so much in our recovery process also. We really can't "grab" at sobriety—it's a process that takes time and work. Nor can we forcefully hold onto people, places and things. We learn to "let go" and to, "go with the flow."

*See August page 2*

### GSO Self-Support Challenge

The challenge is for every AA member to donate **\$8.06** on August 8, 2019. Can do on line at AA.org or mail in. If every member donates, GSO will be truly self-supporting for a year!

***Tradition 8—Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.***

### What Does Tradition Eight Mean Anyway?

Almost immediately after being asked to comment on this tradition, I was reminded of a newcomer I once encountered at a speaker's meeting. The newcomer leaned into me and was quietly asking for my opinion as to whom, within the room, "would be willing to work with" him "at a reasonable cost". The long and short of this rather odd conversation was he understood that this meeting had a "greater number of professional doctors, therapist and counselors that could or would be willing to help him with his drinking problem at a reasonable price".

*More Tradition 8, page 3*

### District Tidbits

Brian H put in a plug to make sure Groups are Pro Pink Cans.

Hotline with Steven: 54 total calls; 13 local, 20 in state and 21 out of state. Needs sign-up sheets for those interested in a workshop.

Literature by Stewart: Has funds for literature purchase, Get Your Orders In!!

Newsletter by Clair: Doing it. Heads up to all past DCMs, you're going to be asked to write something on the Concepts. Beat the crowd and nail down the easy ones first!

Schedules with Hala: She's on top of it.

Public Info and CPC by Molly: New schedules were happily distributed by Amy and herself. If you know places that need them contact her. So much going on like the workshop for those interested in being at Clallam County Fair, Stand Downs, Health Fairs, etc. And the Rediscovery Program that includes ride-along with police.

Treatment with Danny: Doing good!

Website by Jason: Going well!

We're either working on our recovery or we are working on a relapse!

**Step 8: Made a list of all persons we had harmed and became willing to make amends to them all.** From the Big Book of Alcoholics Anonymous page 76, "Now we need more action, without which we find that Faith without works is dead". "Let's look at steps Eight and Nine". "We have a list of all persons we have harmed and to whom we are willing to make amends". We made it when we took inventory". "We subjected ourselves to a drastic self-appraisal".

### About August

Richard Bach, in his book Illusions, demonstrates this as he writes about the creatures that lived along the bottom of a crystal river: "Each creature in its own manner clung tightly to the twigs and rocks of the river bottom, for clinging was their way of life, and resisting the [river] current was what each had learned from birth. But one creature said, 'I am tired of clinging. Though I cannot see it with my eyes, I trust that the current know where it is going. I shall let go, and let it take me where it will. Clinging, I shall die of boredom.'

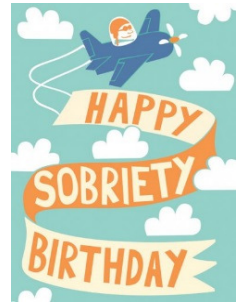
The other creatures warned him that he would be "tumbled" by the current and "smashed" by the rocks. Indeed, that is exactly what happened to the brave one. But, as he continued to refuse to cling again, the "...current lifted him free from the bottom and he was bruised and hurt no more."

And he seemed to the creatures downstream to be flying which was like a miracle to them. They asked him how he was able to move with such grace and ease, he said to them, "The river delights to lift us free, if only we dare to let go."

I hope you, too, can dare to let go and enjoy the flow of your recovery in August.

*Thoughts from Barb*

(From: Chapter 1 of Illusions by Richard Bach)



Dwight B  
8/2/1998  
Stewart F  
8/13/16  
Sharon C  
8/18/1993  
Clair K  
8/22/1988  
Mark P  
8/29/1999

Make a date with a sponsee. Attend EMRs Potluck & Spkr mtg. Last Saturday of the month.

Add Excitement to your life. Attend a West End meeting!

Lonely? Hard to make friends? Try doing some Service Work!

### AUGUST

03 Archives Qrtly, 9:00 am Fellowship 10:00am to 3:00pm Quarterly, Oak Harbor.0  
03 Pre-Assembly mtg, 9am-3pm; Fellowship @ 9:30am. Business @ 10am, Potluck Lunch from 12-12:30  
08-11 Step Ashore, Ocean Shores, register online  
21 District 22 mtg, 7:00 pm Unity Church  
31 EMR Speaker/Potluck, 5 pm potluck, 5:45 Speaker

### SEPTEMBER

18 District 22 Mtg 7:00 PM, Unity Church

### SEPTEMBER

27 Potluck/Speaker meeting, Sequim St Luke's Church, 6 pm/ spkr @ 6:45  
28 Potluck/Speaker meeting, 5 PM, 5:45 Speaker

### October

4-6 Area 72 Assembly, Longview  
19 Masquerade Ball, Masonic Temple  
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**Traditions in Relationships Recovery @ The Farm...in a Barn August 24; 10:30 -5:30 \$10 Regist.**

This is an Alanon fundraiser with AA participation. Join Chere & Matt on how they apply the 12 Traditions to their relationship. Don't Miss This!!

### Round Up Registration Chair

I am in need of your assistance. As some of you may be aware, I hold the service position as "Chair" for Registration with the Olympic Roundup.

I am looking for one, possibly two people that can assist me in a co-chair position for the 2020 Olympic Roundup. This person (s) will be adequately trained to move into the Chair position for the 2021 roundup.

If you might know of someone needing a service commitment, I would welcome their contact information or you may pass mine along to them. Cell: 425-361-3134 Land: 360-477-4890 Thanks. Butch

### Tradition 8

“Yes”, I said “it is true that you’re going to find those professional here but they usually leave those outside affiliations at the door and come to freely offer their experience, strength and hope to the newcomer and in turn end up strengthening their own recovery in this process.

“Passing of the hat” so to speak was the next question that allowed me to briefly explain our seventh tradition and distribution. But to have him better understand our purpose of freely passing the message but having to sometimes pay is important for support, I gave a brief synopsis of our 8th tradition.

I did explain that even though a lot of our work within the rooms of alcoholic anonymous is done on a volunteer bases, many times that work can involve more than volunteers can provide. Local Central Offices and the AA World Service Center are prime examples of getting our message out to those that might need it. Therefore part-time and/or full-time employees are hired to do the necessary labor to keep these organizations running smoothly.

“There is no paying for 12 step work, but paying for the services needed to support it with literature and outreach is often required.

As he again started to lean in to me and me thinking I was about to receive praise for that wonderful explanation he whispers “soooo, can you point out any of these professionals that might be single?”

I suddenly realized I failed to check my ego at the door.

*As Butch Understands It*



Have you been thinking about the...  
**Masquerade Ball?**  
Dress up! Top it off with a mystery mask!  
See you on October 19, 2019, Masonic Temple.

The sparkle in your eyes is as bright as Diamonds. Pearls pale when thinking about you. Yet... Diamonds and Pearls will the delight all at the

ANNUAL GRATITUDE GALA  
NOVEMBER 16, 2019

Watch for more info – save the date!!

### Step 8

So the action we take in step Eight is planning to make amends. Evaluating tactics for our sincere approach to affect the business to actually be conducted in step nine, preparation is our insurance of success in step Eight, and having no expectations of others is paramount for our own recovery. We do not control outcomes but preparation and planning for sincere amends is what we need to do our best. “Remember it was agreed at the beginning we would go to any lengths for victory over alcohol”.

*Thoughts by Craig A*

### Accessibilities – I’m just another alcoholic

When most of the people in our meetings are able bodied, sighted and hearing, it’s easy to take accessibility for granted – easy to overlook the isolation of a personal barrier to what we perceive as full participation. Respect for the dignity of others is the foundation for all our efforts to carry the message to alcoholics with diverse needs, with emphasis on identification rather than on how we are different. As one A.A. member who is Deaf put it, “I’m just an alcoholic; like everyone else here. I have the same need to be a ‘worker amount workers’ and not be singled out for special treatment. If you can just make the program available to me, I’ll do what I have to do to work it.”

It is important also to invite all members to participate in every aspect of service within the group or at an AA event. Communication works both ways, and groups can ask member who are Deaf or have other physical or mental challenges if they would like to give AA talks, with interpreters switching gears and translating for the benefit of hearing members.

We need members to join our group to help carry the message. Contact [accessibilities@nopaa.org](mailto:accessibilities@nopaa.org) if you’re interested.

*Diana K, Chair*

### Future Progress Rather than Unforeseen Woe

...Vision is, I think, the ability to make good estimates, both for the immediate and for the more distant future. Some might feel this sort of striving to be a sort of heresy because we AAs are constantly tell ourselves, “One day at a time.” But that valued maxim really refers to our emotional lives and means only that we are not to repine over the past nor wishfully fantasy or daydream about our future.

As individuals and as a Fellowship, we shall surely suffer if we cast the hole job of planning for tomorrow onto a kind Providence. God has endowed us human beings with considerable capability for foresight and he evidently expects us to use it. Therefore, we must distinguish between wishful dreaming for a happy tomorrow and today’s use of our powers of thoughtful estimate-estimate of the kind which we trust will bring future progress rather than unforeseen woe.

Vision is therefore the very essence of prudence-a sound virtue if ever there was one. Of course, we shall often miscalculate the future in whole or in part. But even so, this will be far better than to refuse to think at all.

From: *The Language of the Heart*, page 290

**Thanks to all who attended &/or volunteered to help at the District 22 Annual Picnic at Salt Creek. It was GREAT FUN!**

**Will do it again next year... are you coming?**